



FE9720

ASSIST DIP CHIN

OWNER'S MANUAL

16J

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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Please assemble according to the actual **Weights** you buy !

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

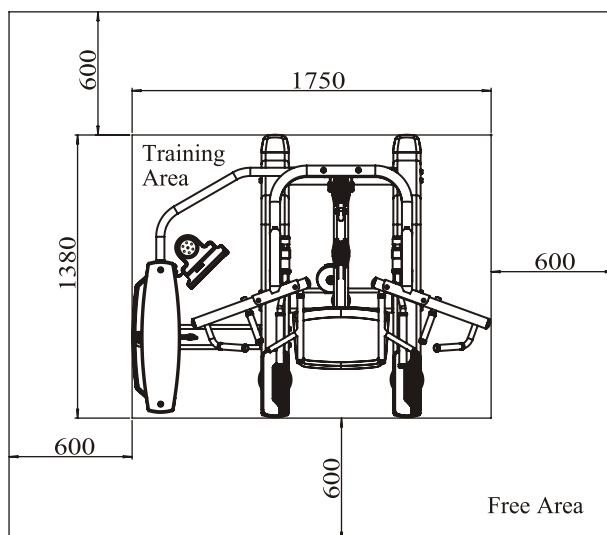
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

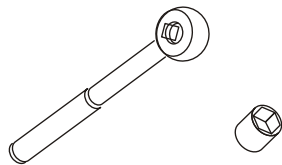
Class: S
Maximum Wt. Capacity: 134kg/ 295lbs
Maximum User Weight: 150kg/ 330lbs
Product Total Surface: 1750*1380mm
Product Total Mass: 243.5kg/ 537lbs

Instructions

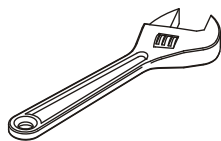
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

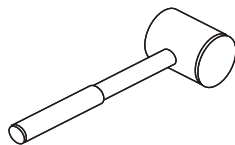
Tools Required



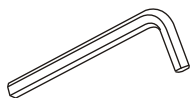
Ratchet Wrench and Socket



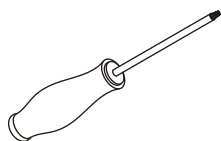
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

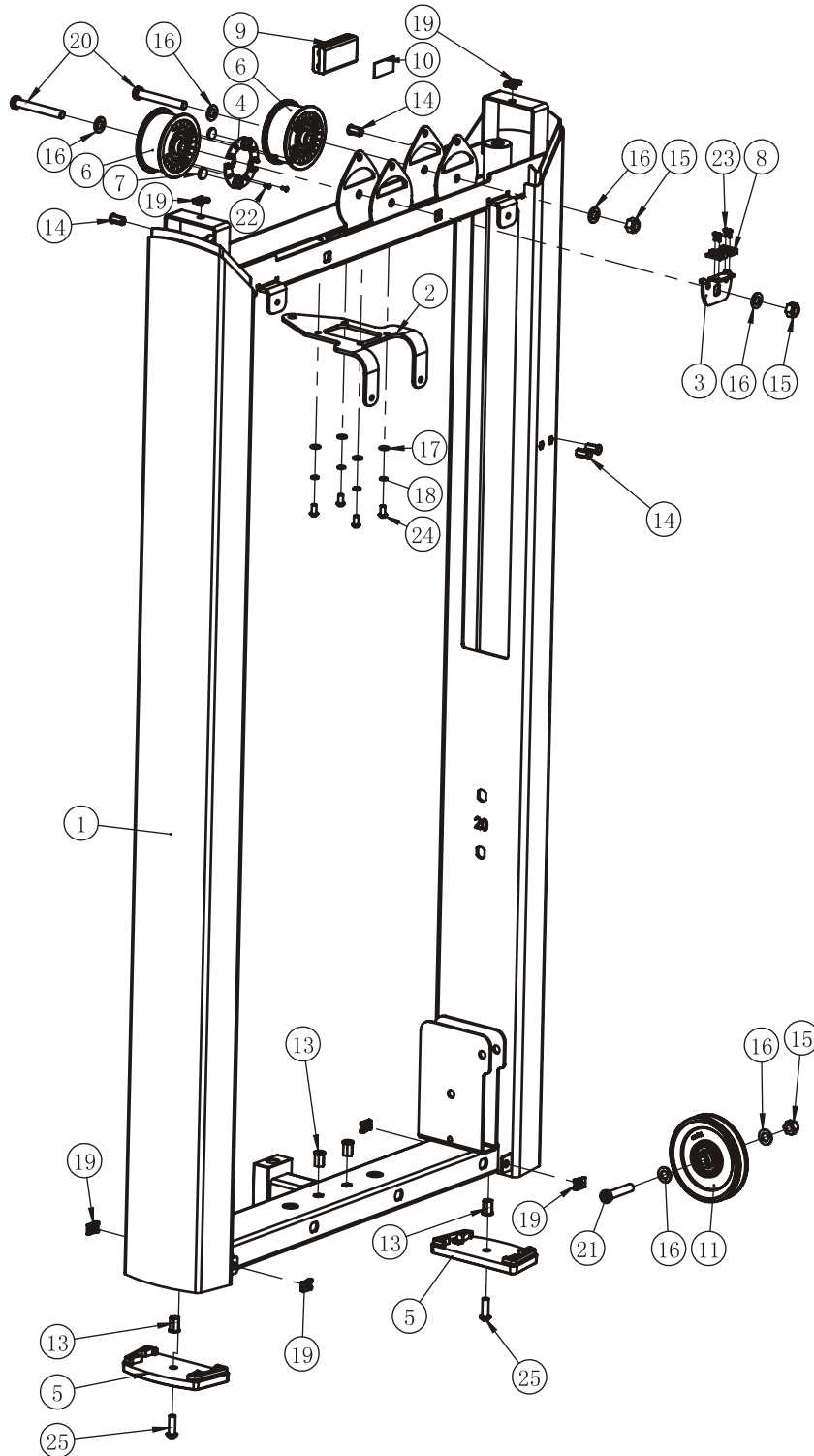
Exploded View and Parts List

Weight Stack Frame Assy

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	FE97200100	Weight Stack Frame	1
2	1.2	FE97211200	Top clamping plate	1
3	1.3	FE97122000	Plate for Sensor	1
4	1.4	FE97123000	Cover for Magnetic Iron	1
5	1.5	FE97011500	Foot Plate	2
6	1.6	FE97123900	Belt Pulley $\Phi 76$	2
7	1.7	IE951814700	Magnetic Iron	2
8	1.8	DQCGQ01	Sensor	2
9	1.9	DQDCH02	Cell Box	1
10	1.10	SMJ20*1*1000	Double faced adhesive tape	0.1
11	1.11	SG500110400V2	4.5" Pulleys	1
12	1.13	GB17880.5M8*16.5DCS17	Rivet Nut M8	4
14	1.14	GB17880.5M6*16.5DS17	Rivet Nut M6	4
15	1.15	NM10DN2	Nylon Lock Nut M10	3
16	1.16	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
17	1.17	GB956DN2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
18	1.18	GB936N19	Spring Washer $\Phi 6$	4
19	1.19	AC32705800	U-nut M6	6
20	1.20	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
21	1.21	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
22	1.22	GB846ST2.9*9.5DS	Screw ST2.9*9.5	4
23	1.23	GB818M3*8DS2	Screw M3*8	4
24	1.24	PNLM6*12DN20	Button Head Cap Screw M6*12	4
25	1.25	PNLM8*25DN20NL	Button Head Cap Screw M8*25	2

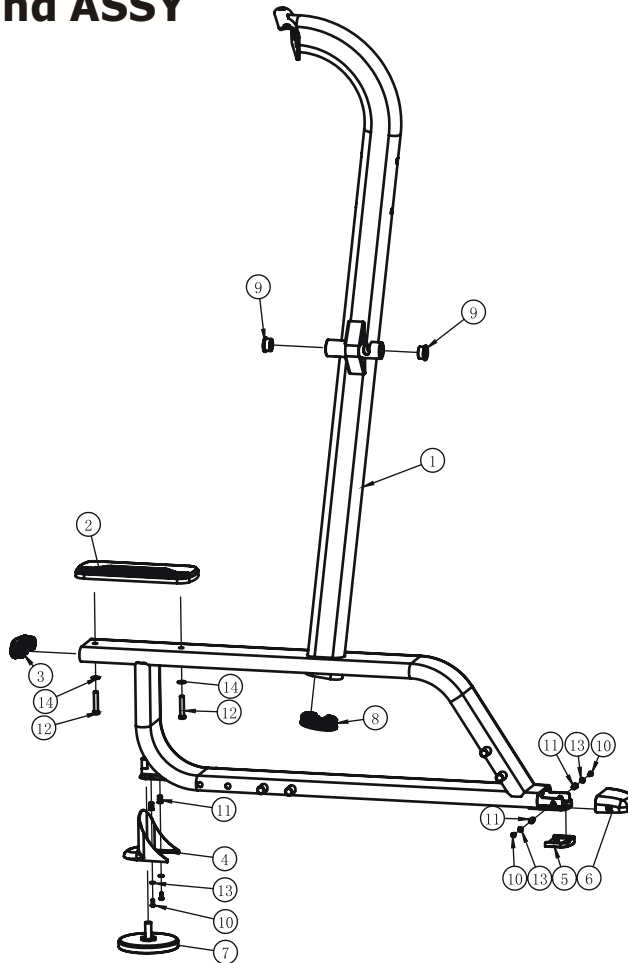
Exploded View and Parts List

Weight Stack Frame Assy



Exploded View and Parts List

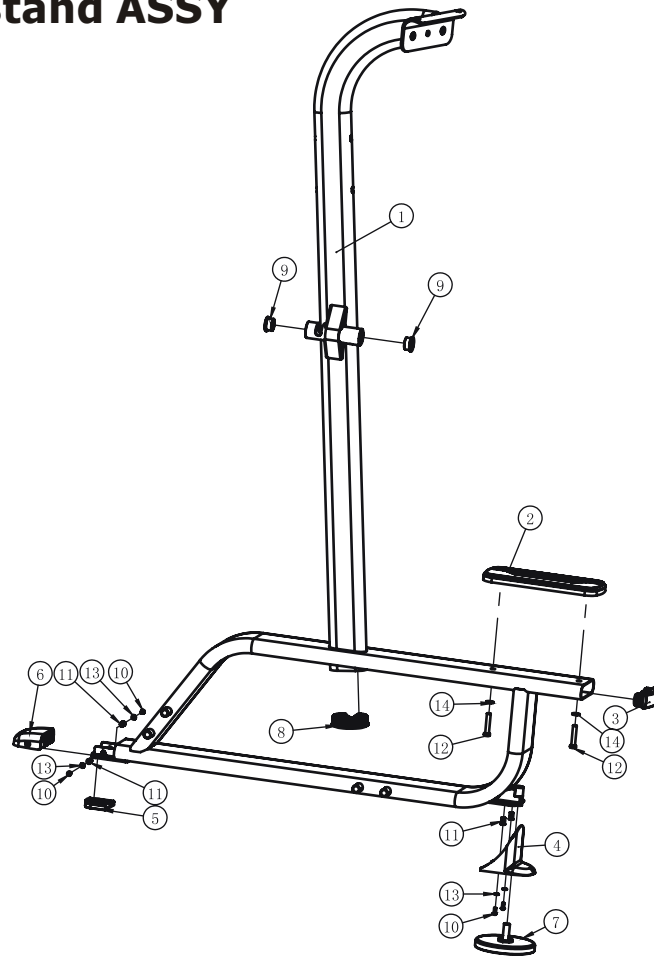
Left Floorstand ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	FE97200200	Left floorstand	1
2	2.2	FE97202100	Foot Plate	1
3	2.3	FE97211500	Plug RT40*133*3	1
4	2.4	FE97211700	Rear ground plastic cover	1
5	2.5	FE97211800	Rubber Foot	1
6	2.6	FE97123700V1	Front ground plastic cover	1
7	2.7	IT93201800	Adjustable Foot plate	1
8	2.8	IT90013800	Plug RT50*100	1
9	2.9	M02502000	Bushing $\Phi 38 * \Phi 25.4 * 18$	2
10	2.10	PNLM6*15DN20	Button Head Cap Screw M6*15	4
11	2.11	GB17880.5M6*16.5DS17	Rivet Nut M6	4
12	2.12	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	2
13	2.13	GB956DN2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
14	2.14	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2

Exploded View and Parts List

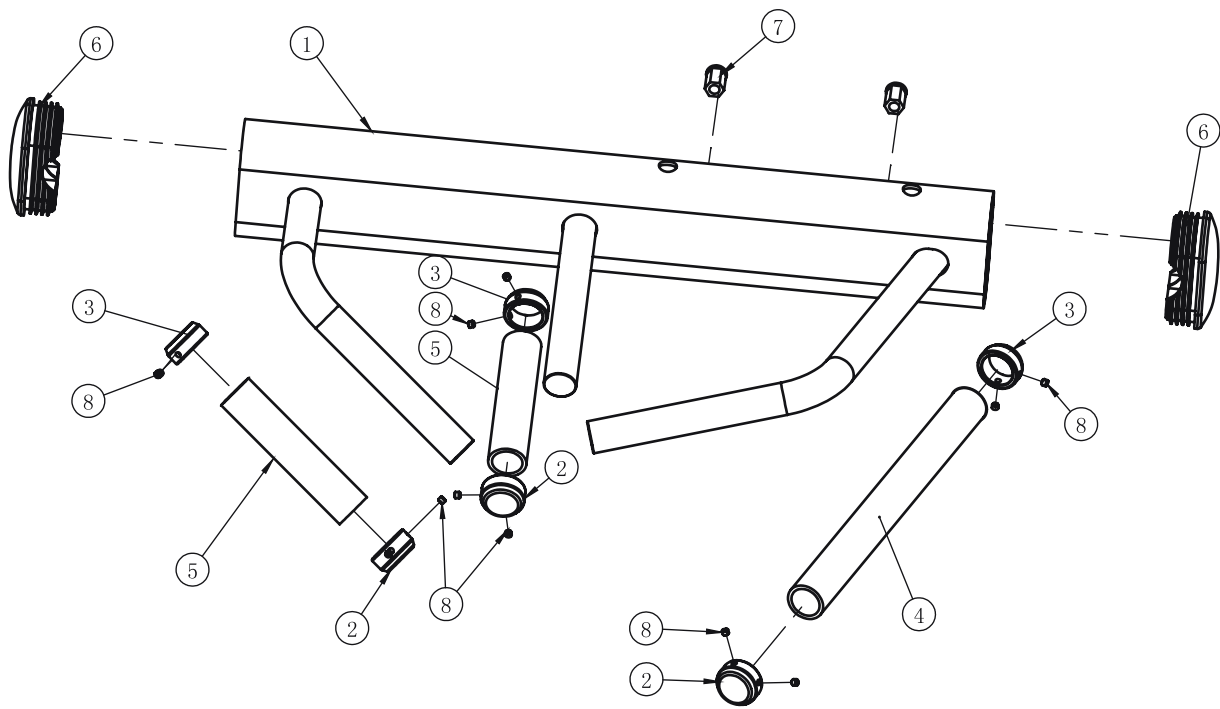
Right Floorstand ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	FE97200300	Right floorstand	1
2	3.2	FE97202100	Foot Plate	1
3	3.3	FE97211500	Plug RT40*133*3	1
4	3.4	FE97211700	Rear ground plastic cover	1
5	3.5	FE97211800	Rubber Foot	1
6	3.6	FE97123700V1	Front ground plastic cover	1
7	3.7	IT93201800	Adjustable Foot plate	1
8	3.8	IT90013800	Plug RT50*100	1
9	3.9	M02502000	Bushing $\Phi 38 * \Phi 25.4 * 18$	2
10	3.10	PNLM6*15DN20	Button Head Cap Screw M6*15	4
11	3.11	GB17880.5M6*16.5DS17	Rivet Nut M6	4
12	3.12	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	2
13	3.13	GB956DN2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
14	3.14	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2

Exploded View and Parts List

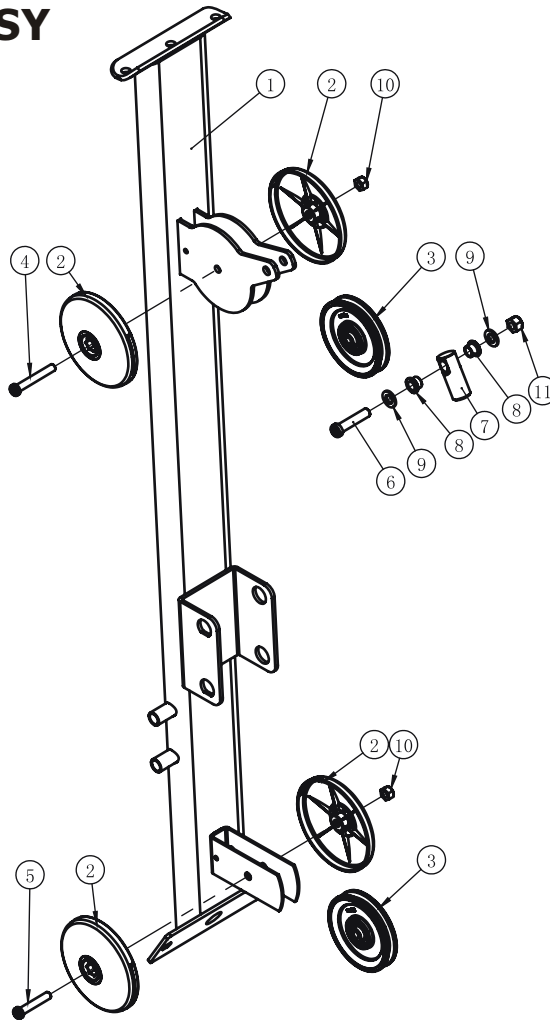
The Right Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	FE97200500	The Right Bar	1
2	5.2	FE97201700	Cap $\Phi 34 * \Phi 25.8 * 16$	3
3	5.3	FE97212700	Grip Ring $\Phi 34 * \Phi 26.2 * 15$	3
4	5.4	FE97203100	Grip ST $\Phi 31 * \Phi 24 * 305$	1
5	5.5	026-01PL0206-12	Grip ST $\Phi 31 * \Phi 24 * 130$	2
6	5.6	IT90013800	Plug RT50*100	2
7	5.7	GB17880.5M10*19.5DCS17	Rivet Nut M10	2
8	5.8	GB77M5*4N19	Screw M5*4	12

Exploded View and Parts List

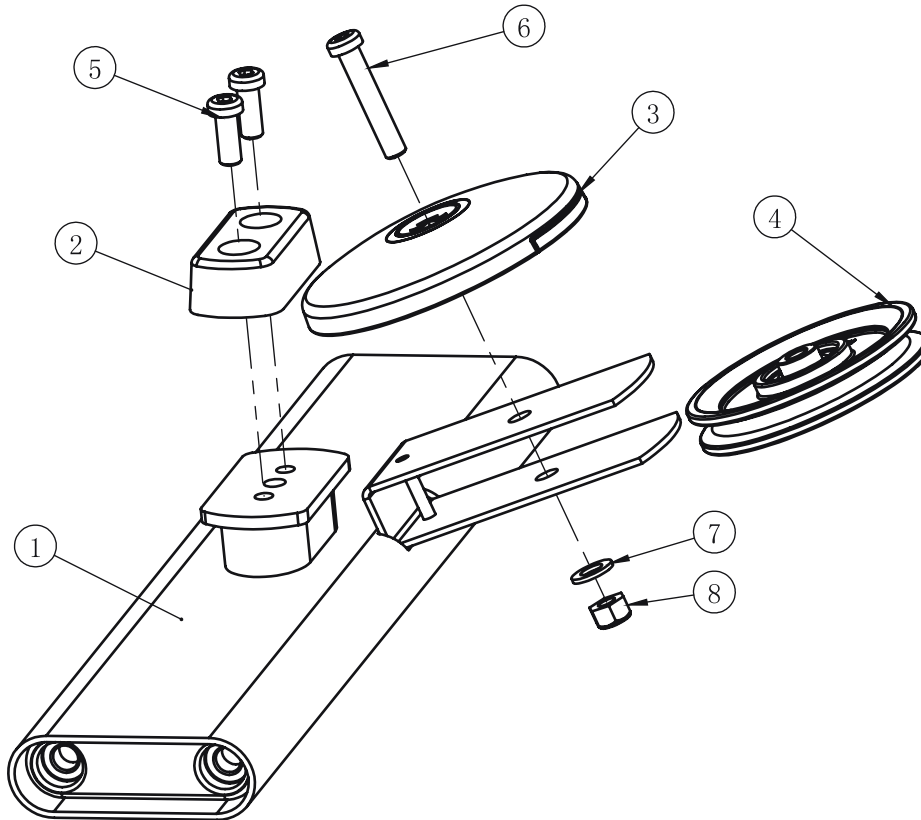
Back Floorstand ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	FE97200700	Back Floorstand	1
2	7.2	FE97023800	Pulley Cover	4
3	7.3	SG500110400V2	4.5" Pulleys	2
4	7.4	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	1
5	7.5	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	1
6	7.6	GB70BTM12*55DN18	Socket Head Cap Screw M12*55	1
7	7.7	ROC-IT1013600V1	Cable Connector $\Phi 25.4 \times 63.5 \times 1/2'' - 13$	1
8	7.8	BNH0528	Bushing $\Phi 22 \times \Phi 16 \times \Phi 12.8 \times 12.7$	2
9	7.9	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
10	7.1	NM10DN2	Nylon Lock Nut M10	2
11	7.11	NM12DN2	Nylon Lock Nut M12	1

Exploded View and Parts List

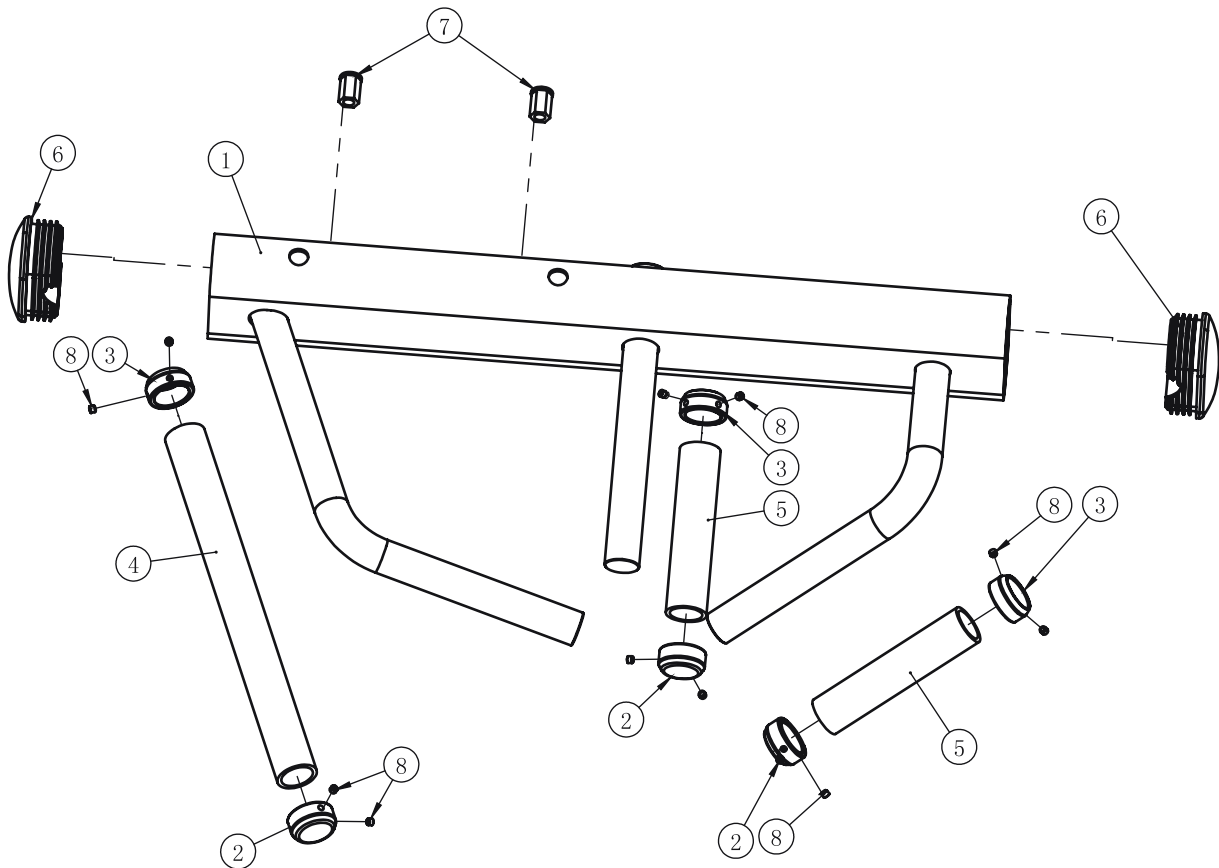
Low Support Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	FE97200800	Low Support Frame	1
2	8.2	RS17000400	Bumper	1
3	8.3	FE97023800	Pulley Cover	1
4	8.4	SG500110400V2	4.5" Pulleys	1
5	8.5	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
6	8.6	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	1
7	8.7	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	1
8	8.8	NM10DN2	Nylon Lock Nut M10	1

Exploded View and Parts List

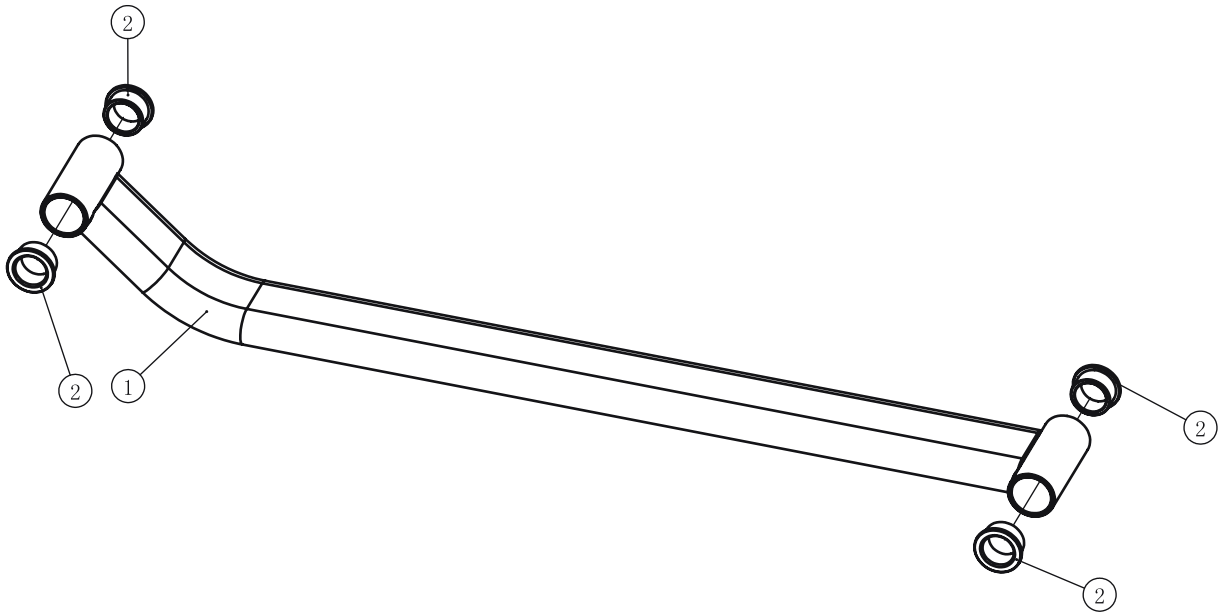
The Left Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	FE97201300	The Left Bar	1
2	13.2	FE97201700	Cap $\Phi 34 * \Phi 25.8 * 16$	3
3	13.3	FE97212700	Grip Ring $\Phi 34 * \Phi 26.2 * 15$	3
4	13.4	FE97203100	Grip ST $\Phi 31 * \Phi 24 * 305$	1
5	13.5	026-01PL0206-12	Grip ST $\Phi 31 * \Phi 24 * 130$	2
6	13.6	IT90013800	Plug RT50*100	2
7	13.7	GB17880.5M10*19.5DCS17	Rivet Nut M10	2
8	13.8	GB77M5*4N19	Screw M5*4	12

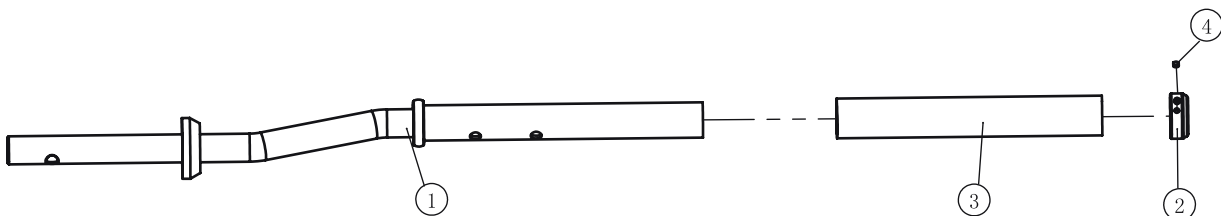
Exploded View and Parts List

Down Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	FE97201400	Down Swing Frame	1
2	14.2	M02502000	Bushing $\Phi 38^* \Phi 25.4^*18$	4

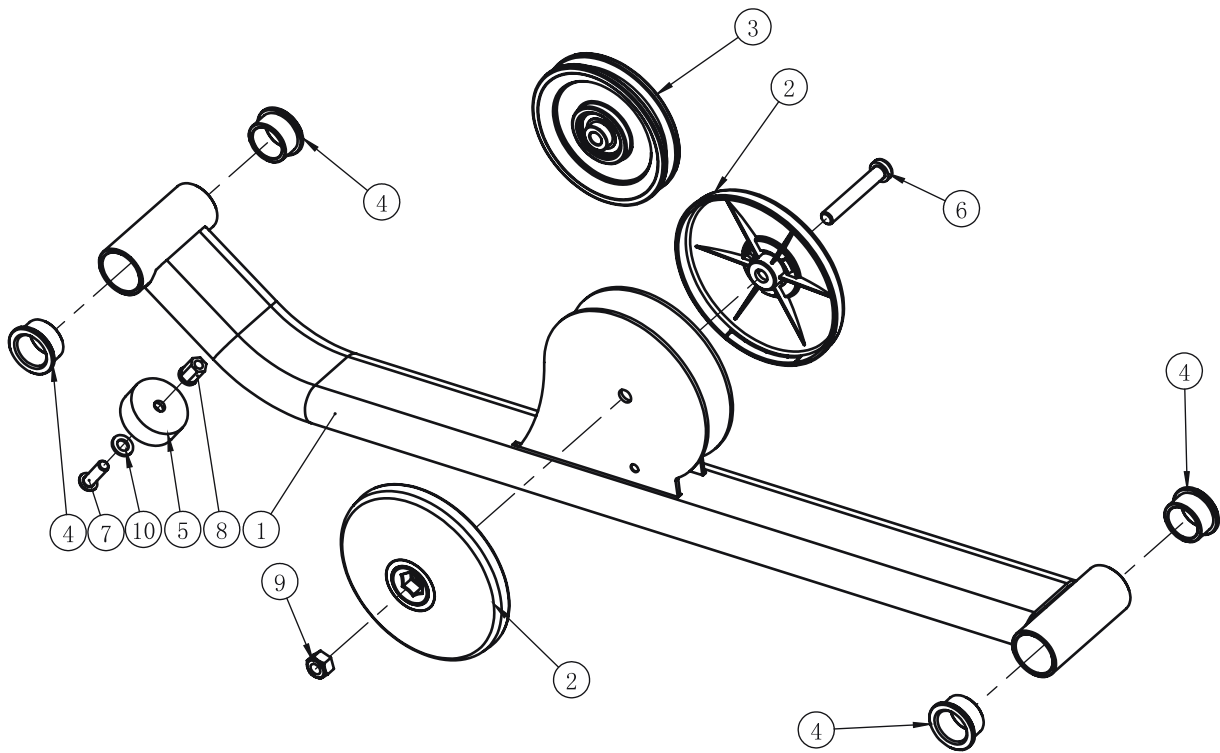
Long Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	FE97200900	Long Bar	1
2	9.2	FE97201900	Big Cap $\Phi \Phi 41^* \Phi 32.8^*16$	1
3	9.3	026-01PL0206-29	Grip ST $\Phi 36^* \Phi 29^*240$	1
4	9.4	GB77M5*4N19	Screw M5*4	2

Exploded View and Parts List

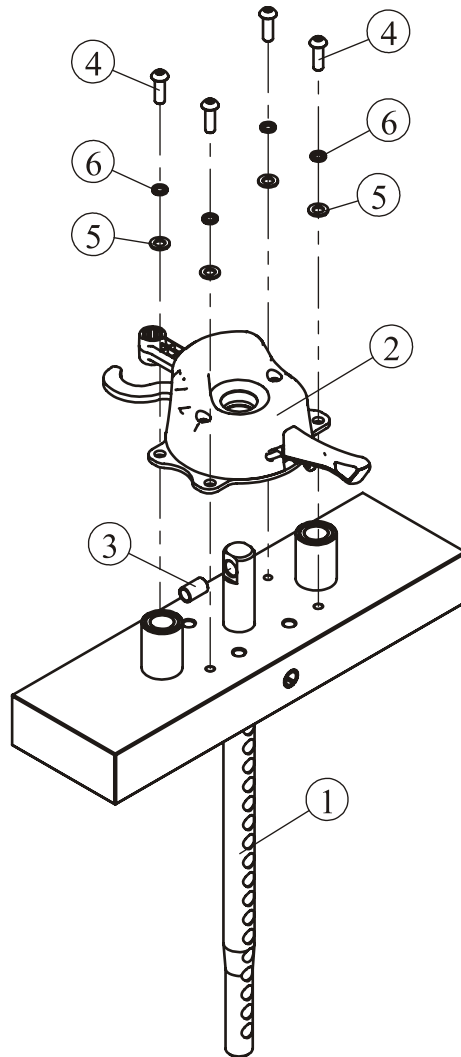
Up Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	FE97201500	Up Swing Frame	1
2	15.2	FE97023800	Pulley Cover	2
3	15.3	SG500110400V2	4.5" Pulleys	1
4	15.4	M02502000	Bushing $\Phi 38 * \Phi 25.4 * 18$	4
5	15.5	026-01PL2337	Bumper $\Phi 44.5 * 14.6$	1
6	15.6	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	1
7	15.7	PNLM8*25DN20NL	Button Head Cap Screw M8*25	1
8	15.8	GB17880.5M8*16.5DCS17	Rivet Nut M8	1
9	15.9	NM10DN2	Nylon Lock Nut M10	1
10	15.10	GB958DN2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	1

Exploded View and Parts List

Top plate ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	48.1	FE97023000	40LBS Top plate	1
2	48.2	FE971938ASSY	Counter weight ASSY	1
3	48.3	FE972111500	Spacer $\Phi 13^* \Phi 10.3^* 21$	1
4	48.4	GB938N19	Spring Washer $\Phi 8$	4
5	48.5	GB958DN2	Flat Washer $\Phi 9^* \Phi 16^* 1.6$	4
6	48.6	PNLM8*25DN20	Button Head Cap Screw M8*25	4

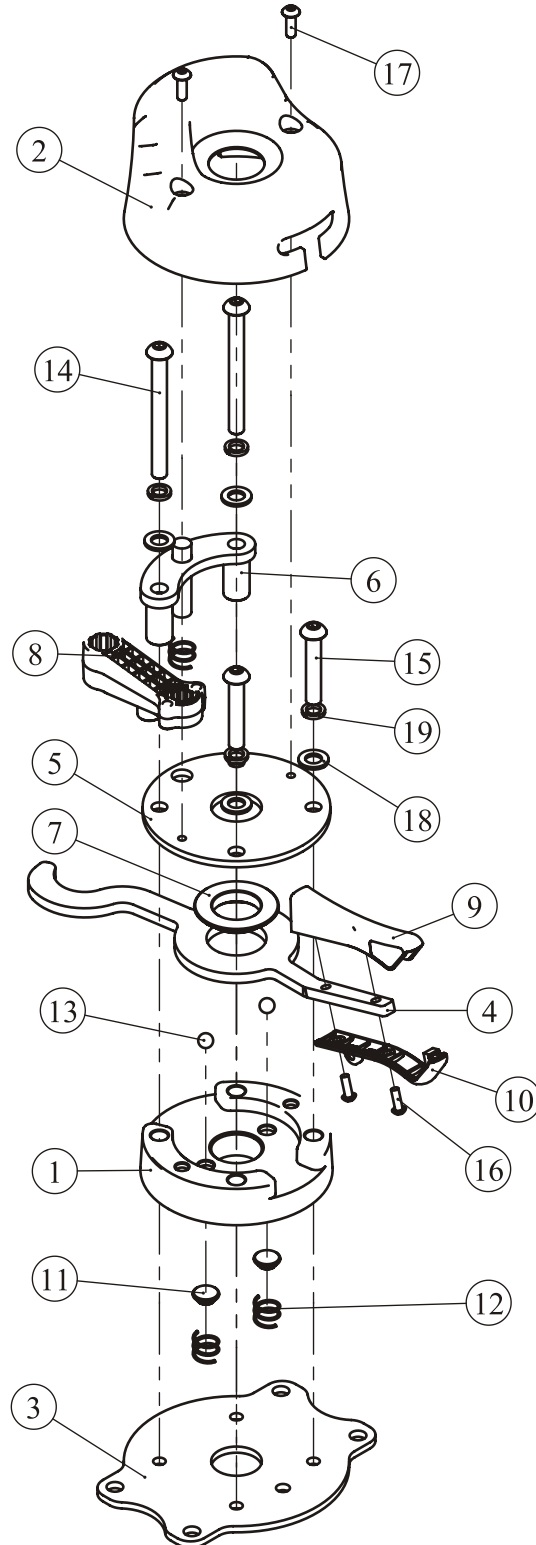
Exploded View and Parts List

Counter weight ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	48.2.1	CWRVL0251800	Steel ball support base	2
2	48.2.2	CWRVL0251900	Spring Φ 1.2* Φ 13*11	3
3	48.2.3	FE97192700	Plastic base	1
4	48.2.4	FE97192800	Counter weight Plastic cover	1
5	48.2.5	FE97193500	Base plate	1
6	48.2.6	FE97193600	Shifting fork	1
7	48.2.7	FE97193700	Top plate	1
8	48.2.8	FE97193800	Guide Frame	1
9	48.2.9	FE97193900	Short Spacer Φ 45* Φ 26*7.5	1
10	48.2.10	FE97194000	Stop collar	1
11	48.2.11	FE97194100	Top plastic cover	1
12	48.2.12	FE97194200	Base plastic cover	1
13	48.2.13	GB3088G20	Steel ball	2
14	48.2.14	GB938N19	Spring Washer Φ 8	4
15	48.2.15	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	4
16	48.2.16	PNLM4*12DN20	Button Head Cap Screw M4*12	2
17	48.2.17	PNLM5*15DN20	Button Head Cap Screw M5*15	2
18	48.2.18	PNLM8*45DN20	Button Head Cap Screw M8*45	2
19	48.2.19	PNLM8*80DN20	Button Head Cap Screw M8*80	2

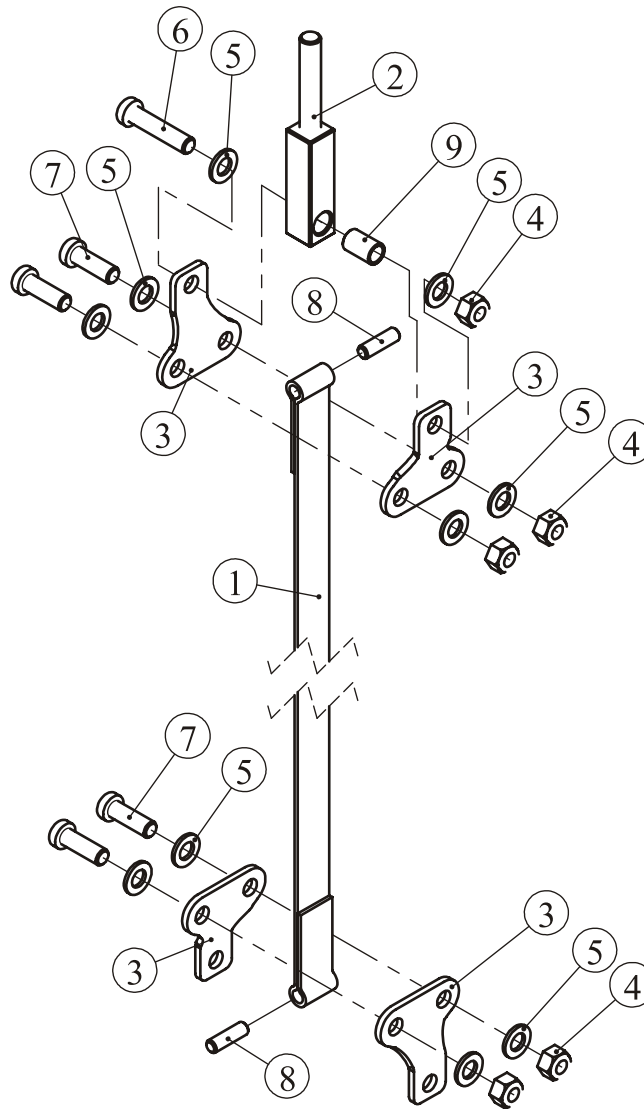
Exploded View and Parts List

Counter weight ASSY



Exploded View and Parts List

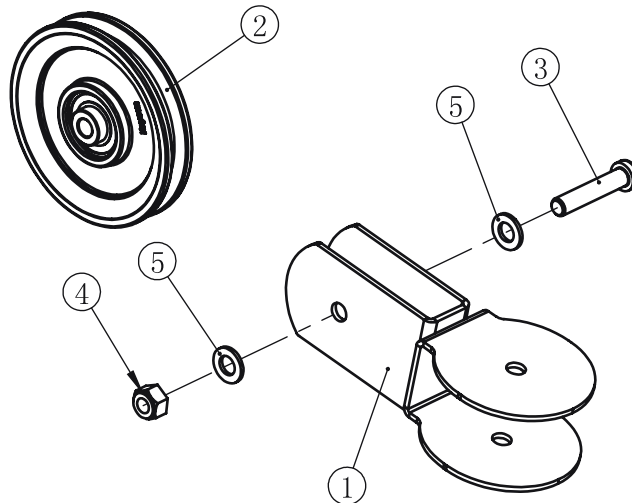
Belt ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	37.1	FE97214500	Belt	1
2	37.2	FE97214700	Square Adjustment Lever	1
3	37.3	FE97193300	Fastening Plate	4
4	37.4	NM10DN2	Nylon Lock Nut M10	5
5	37.5	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	10
6	37.6	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
7	37.7	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
8	37.8	FE97024501	Locating Pin $\Phi 8 * 28$	2
9	37.9	FE972111500	Spacer $\Phi 13 * \Phi 10.3 * 21$	1

Exploded View and Parts List

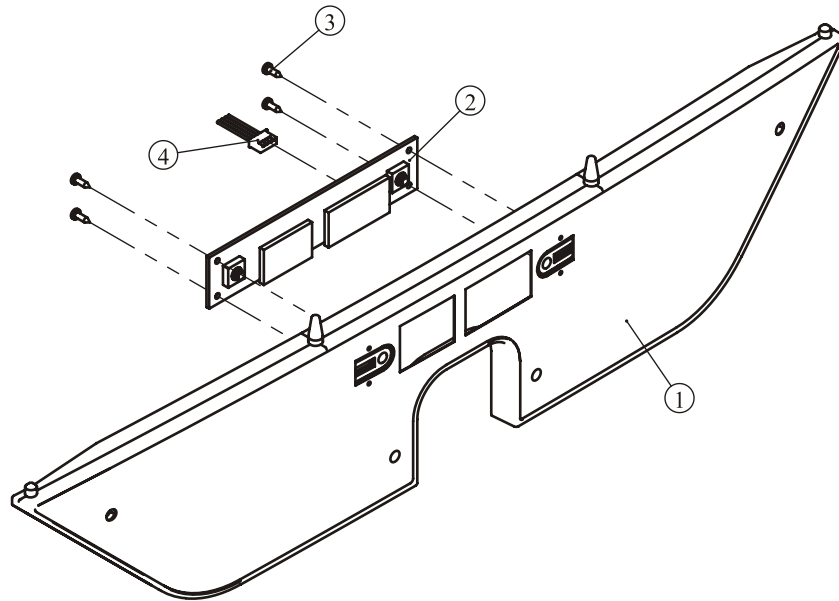
The Moving Block ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	32.1	FE97203000	The Moving Block	1
2	32.2	SG500110400V2	4.5" Pulleys	1
3	32.3	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
4	32.4	NM10DN2	Nylon Lock Nut M10	1
5	32.5	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2

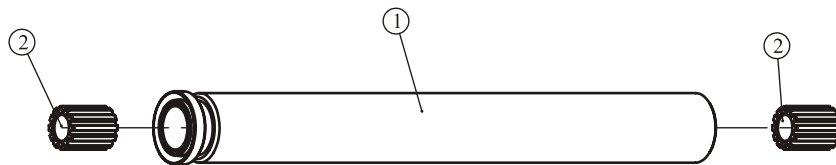
Exploded View and Parts List

Training Placard Cover ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	31.1	B117	Console PCB	1
2	31.2	FE97052600	Training placard cover	1
3	31.3	GB845ST2.9*9.5DS	Screw ST2.9*9.5	4
4	31.4	L350XHP/SMY-4	Sensor 4C*22#350mm	1

5LBS Counter Weight ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	42.1	FE97213500	5LBS Counter Weight	1
2	42.2	CXT-1001900V1	Guide Sleeve $\Phi 25^* \Phi 15^*32$	2

Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	FE972001ASSY	Weight Stack Frame Assy	1
2	2	FE972002ASSY	Left Floorstand ASSY	1
3	3	FE972003ASSY	Right Floorstand ASSY	1
4	4	FE97200400	Up Support Frame	1
5	5	FE972005ASSY	The Right Bar ASSY	1
6	6	FE97200600	Up Connector	1
7	7	FE972007ASSY	Back Floorstand ASSY	1
8	8	FE972008ASSY	Low Support Frame ASSY	1
9	9	FE972009ASSY	Long Bar ASSY	2
10	10	FE97201000	Middle Connector	1
11	11	FE97201100	Low Support Frame	1
12	12	FE97201200	Leg Pad Frame	1
13	13	FE972013ASSY	The Left Bar ASSY	1
14	14	FE972014ASSY	Down Swing Frame ASSY	1
15	15	FE972015ASSY	Up Swing Frame ASSY	1
16	20	FE97202000	shaft Φ 25.4*109	4
17	22	FE97202200	Leg Pad	1
18	23	FE97202300	Cable ASSY	1
19	24	FE97052800	Back Shroud	1
20	25	FE97052900	Back Lower Cover	1
21	26	FE97052500	Front Shroud	2
22	27	FE97053600	Bracket Of Cup Holder	1
23	28	FE97202700	Front Lower Cover	1
24	29	FE97123800	Selector Pin W/Coil	1
25	30	FE97011600	Top Cover	1
26	31	FE970526ASSY	Training Placard Cover ASSY	1
27	32	FE972030ASSY	The Moving Block ASSY	1
28	33	FE97214800	Belt Rubber Sleeve Φ 17*49	2
29	34	FE97216900	Spacer Pin Φ 15* Φ 8*65.5	2
30	35	FE97213400	Rubber Sleeve Φ 30*65	2
31	36	FE97215000	Guide Rod Φ 19	2
32	37	FE972145ASSY	Belt ASSY	1
33	38	FE97211400	Underside Support Plate	1
34	39	FE97024400	Limiting Tube Φ 22*2*91.4	1
35	40	CWRVL0250900	Flat Washer Φ 15* Φ 40*3	1
36	41	CWRVL0251000	Plug Bumper Φ 14* Φ 40*25.4	1
37	42	FE972135ASSY	5LBS Counter Weight ASSY	1
38	43	IN-D10132900	Plug Bumper Φ 76*60	2
39	44	FE97214000	Narrow Belt Pulley Φ 76	1
40	45	FE97053500	Cup Holder	1

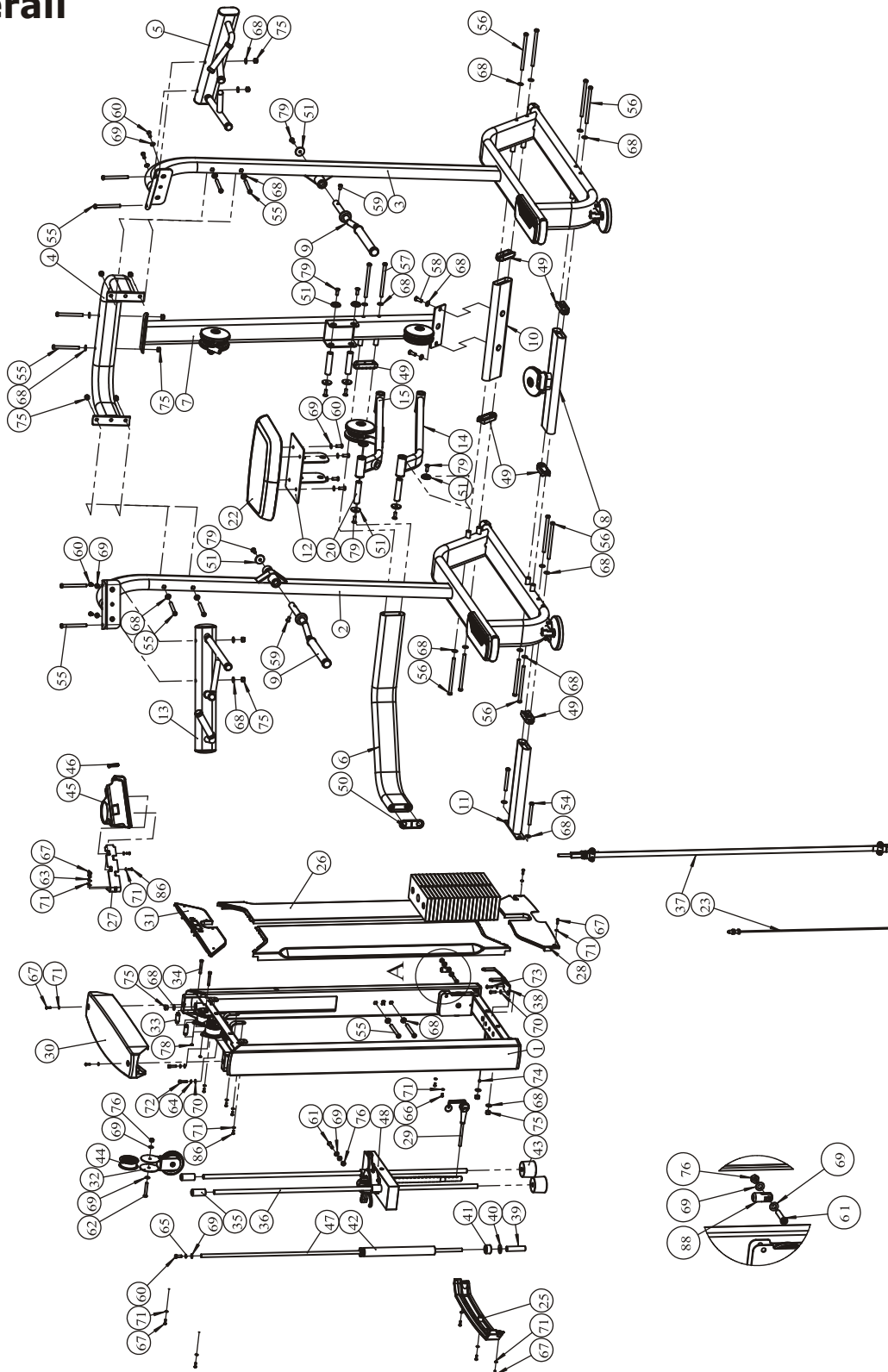
Exploded View and Parts List

Overall

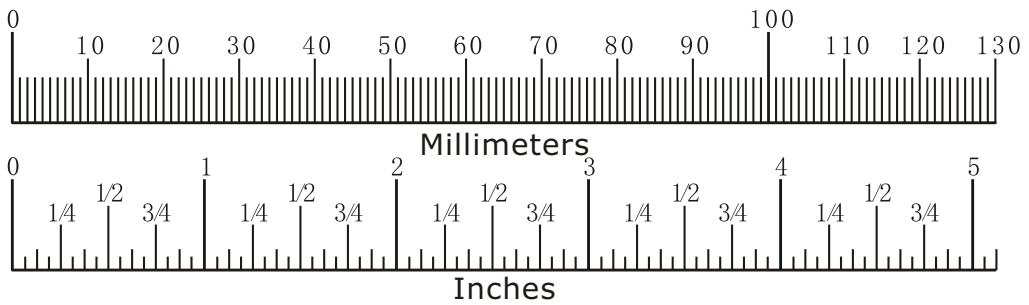
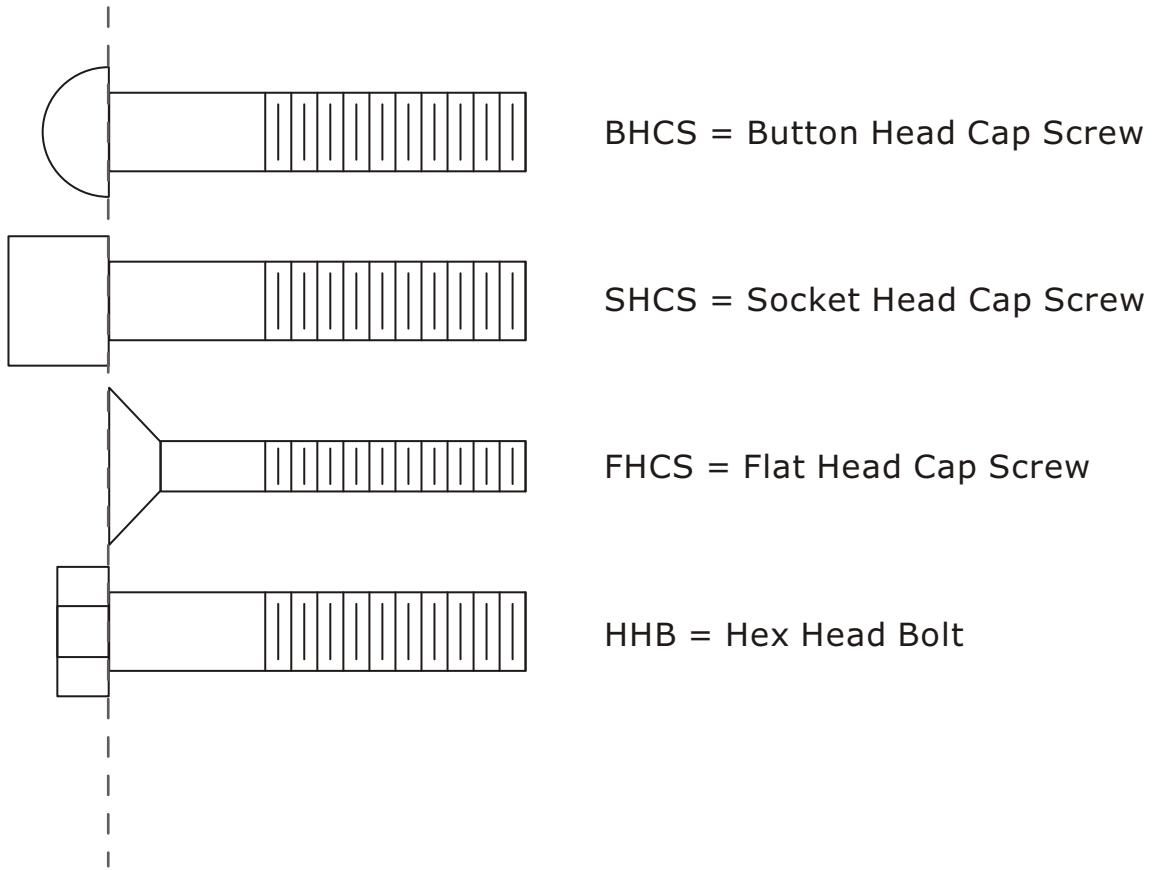
ItemNo.	Grade No.	Part No.	Description	QTY
41	46	FE97053700	Plastic End Cap	1
42	47	FE97194300	Guide Rod Φ 14	1
43	48	FE970230ASSY	Top Plate ASSY	1
44	49	FE97192500	Plastic Cover I	6
45	50	FE97192600	Plastic Cover II	1
46	51	IN-D10132300V1	Cap Φ 43* Φ 10.5*8	10
47	54	GB70BTM12*105DN18	Socket Head Cap ScrewM12*105	2
48	55	GB70BTM12*120DN18NL	Socket Head Cap ScrewM12*120	12
49	56	GB70BTM12*180DN18NL	Socket Head Cap ScrewM12*180	10
50	57	GB70BTM12*165DN18NL	Socket Head Cap ScrewM12*165	2
51	58	GB70BTM12*30DN18NL	Socket Head Cap ScrewM12*30	2
52	59	GB70BTM10*16DN18NL	Socket Head Cap ScrewM10*16	2
53	60	GB70BTM10*25DN18NL	Socket Head Cap ScrewM10*25	9
54	61	GB70BTM10*45DN18	Socket Head Cap ScrewM10*45	2
55	62	GB70BTM10*65DN18	Socket Head Cap ScrewM10*65	1
56	63	GB936N19	Spring Washer Φ 6	2
57	64	GB938N19	Spring Washer Φ 8	2
58	65	GB9310N19	Spring Washer Φ 10	1
59	66	PNLM6*12DN20	Button Head Cap ScrewM6*12	2
60	67	PNLM6*20DN20	Button Head Cap ScrewM6*20	11
61	68	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	31
62	69	GB9510DN2	Flat Washer Φ 11* Φ 20*2	15
63	70	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	4
64	71	GB956DN2	Flat Washer Φ 6.6* Φ 12*1.6	19
65	72	GB70M8*30*30DN20	Socket Head Cap ScrewM8*30	2
66	73	PNLM8*25DN20NL	Button Head Cap ScrewM8*25	2
67	74	GB77M8*8DS18	Screw M8*8	1
68	75	NM12DN2	Nylon Lock Nut M12	13
69	76	NM10DN2	Nylon Lock Nut M10	3
70	78	GB8966FH12	Shaft Ring Opening Φ 6	2
71	79	CNLM10*30*30DN20	Flat Head Cap Screw M10*30	10
72	80	NBS6DHS	Hex Key	1
73	81	NBS5DHS	Hex Key	1
74	82	NBS4DHS	Hex Key	1
75	83	LW200BS	Wrench Φ 6*117	1
76	84	NBS8DHS	Hex Key	1
77	85	YHY	Lube	1
78	86	PNLM6*15DN20	Button Head Cap Screw M6*15	6
79	88	IN-D20020802	Cable Connector	1

Exploded View and Parts List

Overall



Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

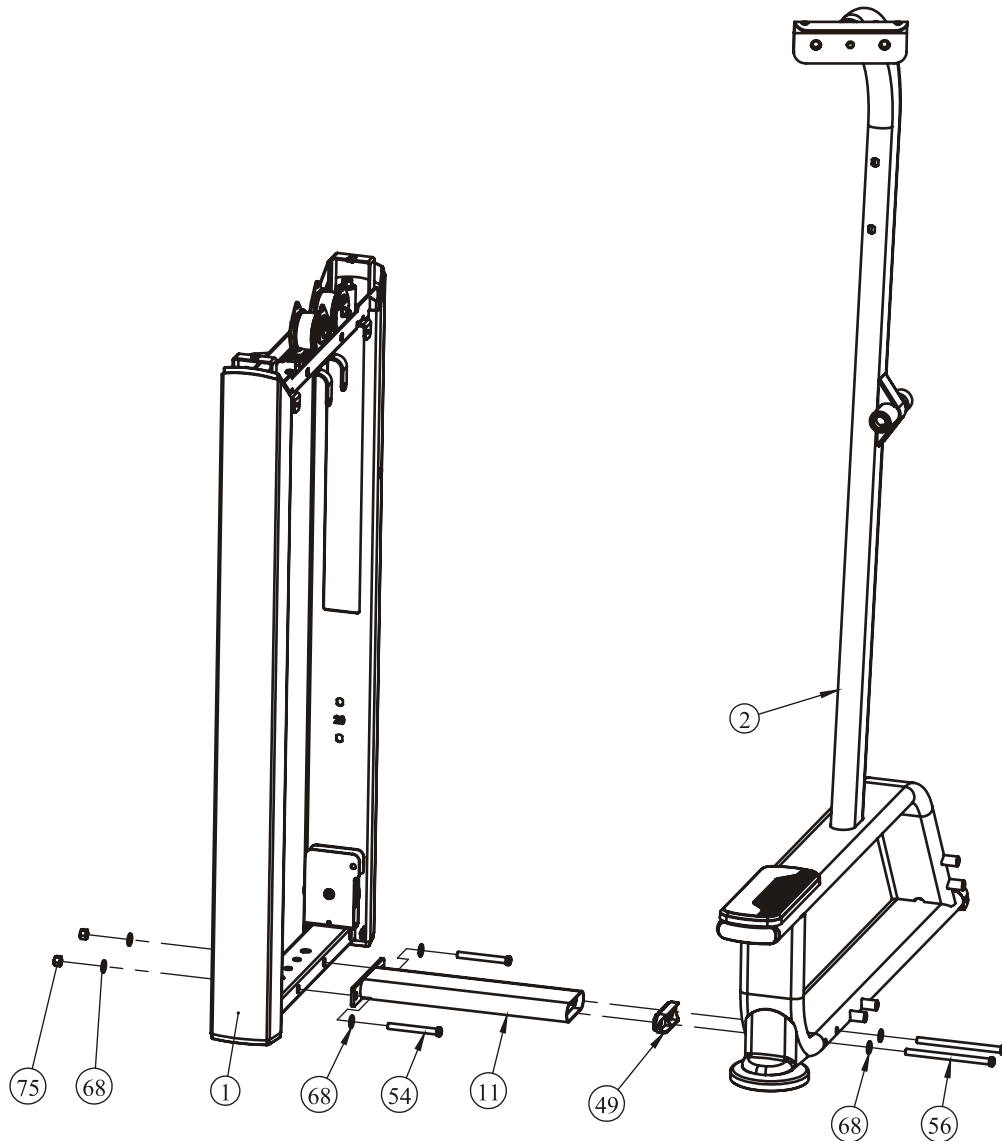
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach Low Support Frame (#11) to Weight Stack Frame Assy (#1) using:
 - two M12*105 SHCS (#54)
 - two M12 Nylon Lock Nut (#75)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
2. Attach Left Floor stand ASSY (#2) to Low Support Frame (#11) using:
 - two M12*180 SHCS (#56)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
 - one Plastic Cover I (#49)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

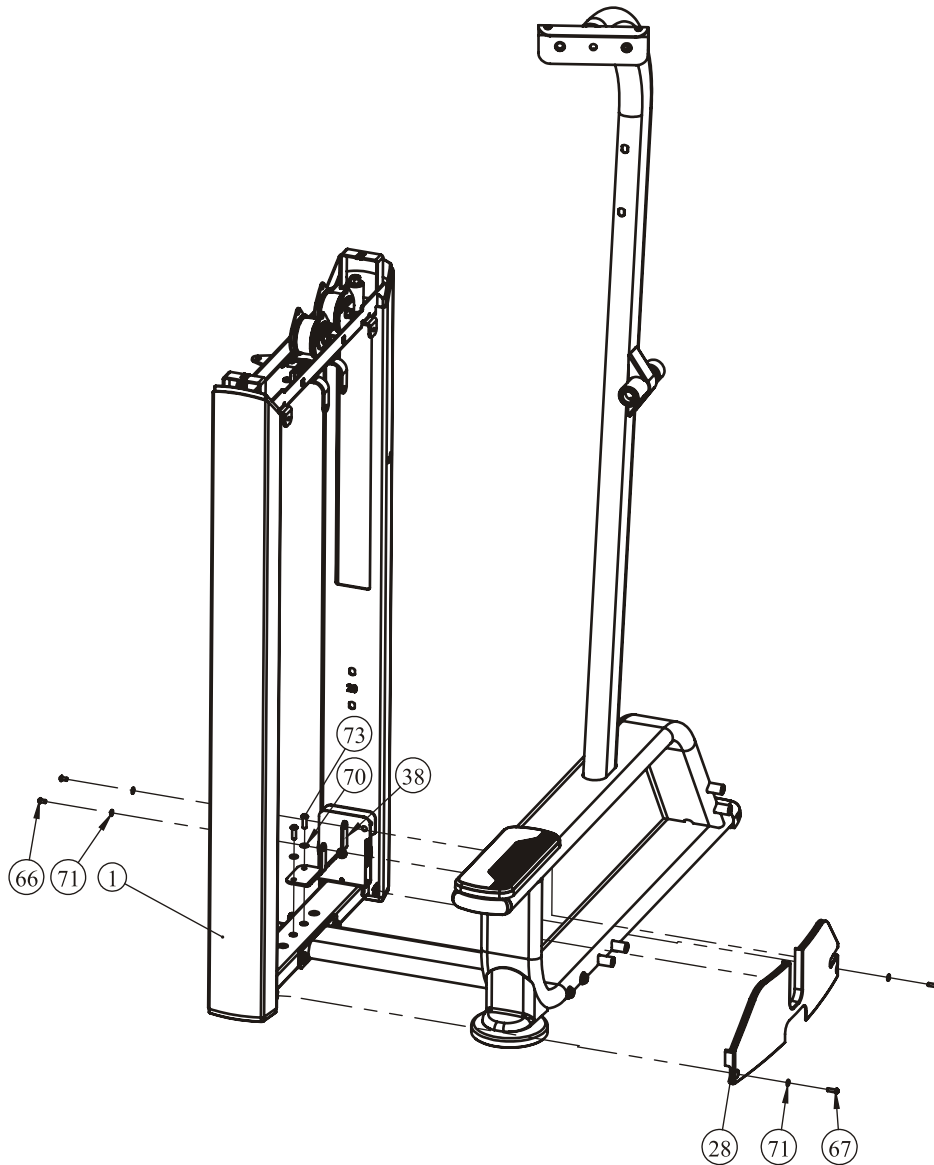


Assembly

STEP 2

1. Attach The Underside Support Plate (#38) to The Weight Stack Frame ASSY (#1) using:
two M8*25 BHCS (#73)
two $\Phi 9*\Phi 16*1.6$ Flat Washers (#70)
2. Attach The Front Lower Cover (#28) to The Weight Stack Frame ASSY (#1) and The Underside Support Plate (#38) using:
two M6*12 BHCS (#66)
four $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#71)
two M6*20 BHCS (#67)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3 Here is the assembly instruction for 10LBSx15PCS Weights !

1. Attach:

two $\Phi 19 \times 1309$ Guide Rods (#36)
fifteen Weight Plate 10LBS (#98)
one Top Plate ASSY (#48)

two $\Phi 76 \times 60$ Weight Rubber Bumpers (#43)
two Weight Stack Space (#99)

to The Weight Stack Frame ASSY (#1) using:

two M8*30 SHCS (#72)

two $\Phi 8$ Spring Washer (#64)

two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#70)

two $\Phi 30 \times 65$ Rubber Sleeve (#35)

2. Attach The Selector Pin W/Coil (#29) to The Top Plate ASSY (#48).

3. Loosen one M8*8 Screw (#74), and Attach:

one $\Phi 14 \times 1296$ Guide Rod (#47)

one 5LBS Counter Weight (#42)

to The Weight Stack Frame ASSY (#1) using:

one $\Phi 22 \times 2 \times 66$ Limiting Tube (#39)

one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#40)

one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#41)

one M10*25 SHCS (#60)

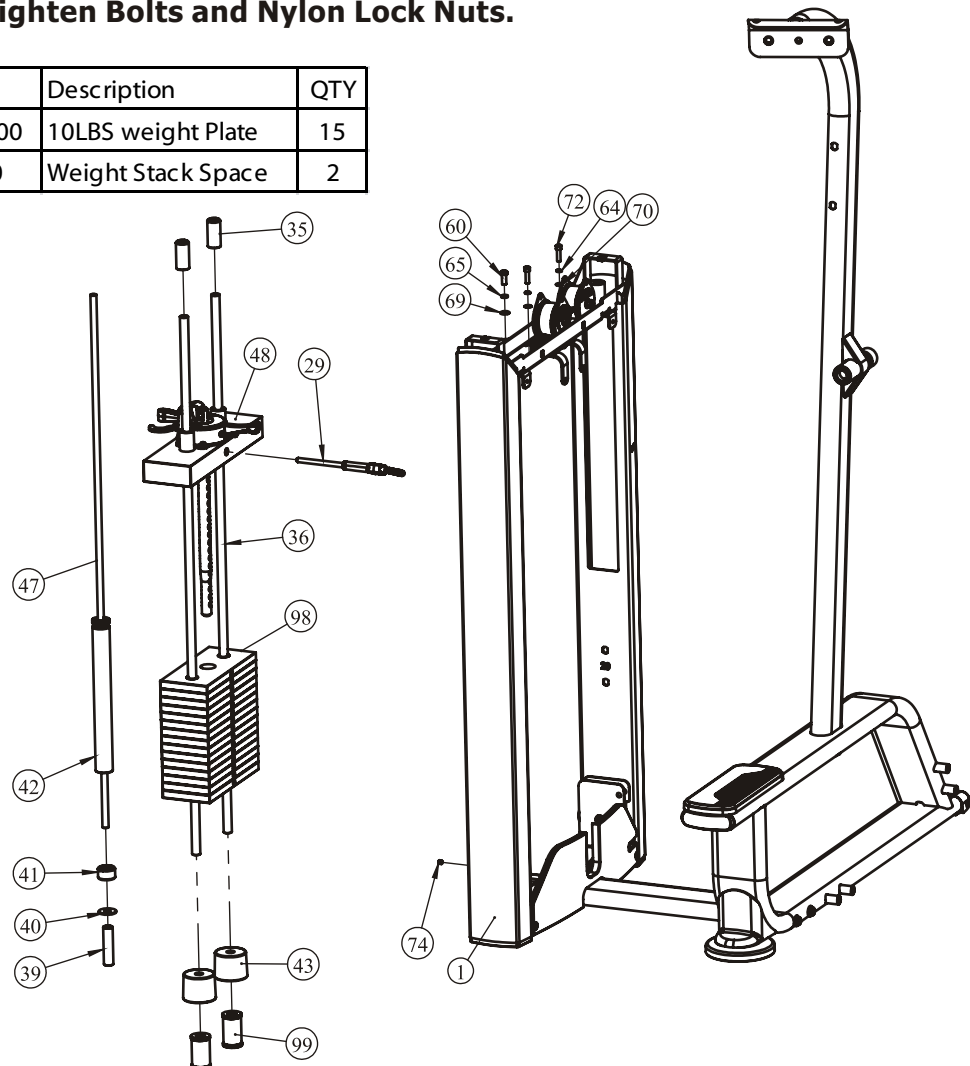
one $\Phi 10$ Spring Washer (#65)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#69)

4. Wrench Tighten M8*8 Screw (#74).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Item No.	Part No.	Description	QTY
98	FE97193100	10LBS weight Plate	15
99	FEWS0100	Weight Stack Space	2



Assembly

STEP 3 Here is the assembly instruction for 10LBSx19PCS Weights !

1. Attach:

two $\Phi 19 \times 1309$ Guide Rods (#36)
 nineteen Weight Plate 10LBS (#98)

to The Weight Stack Frame ASSY (#1) using:

two M8*30 SHCS (#72)

two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#70)

two $\Phi 76 \times 60$ Weight Rubber Bumpers (#43)

one Top Plate ASSY (#48)

two $\Phi 8$ Spring Washer (#64)

two $\Phi 30 \times 65$ Rubber Sleeve (#35)

2. Attach The Selector Pin W/Coil (#29) to The Top Plate ASSY (#48).

3. Loosen one M8*8 Screw (#74), and Attach:

one $\Phi 14 \times 1296$ Guide Rod (#47)

one 5LBS Counter Weight (#42)

to The Weight Stack Frame ASSY (#1) using:

one $\Phi 22 \times 2 \times 66$ Limiting Tube (#39)

one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#40)

one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#41)

one M10*25 SHCS (#60)

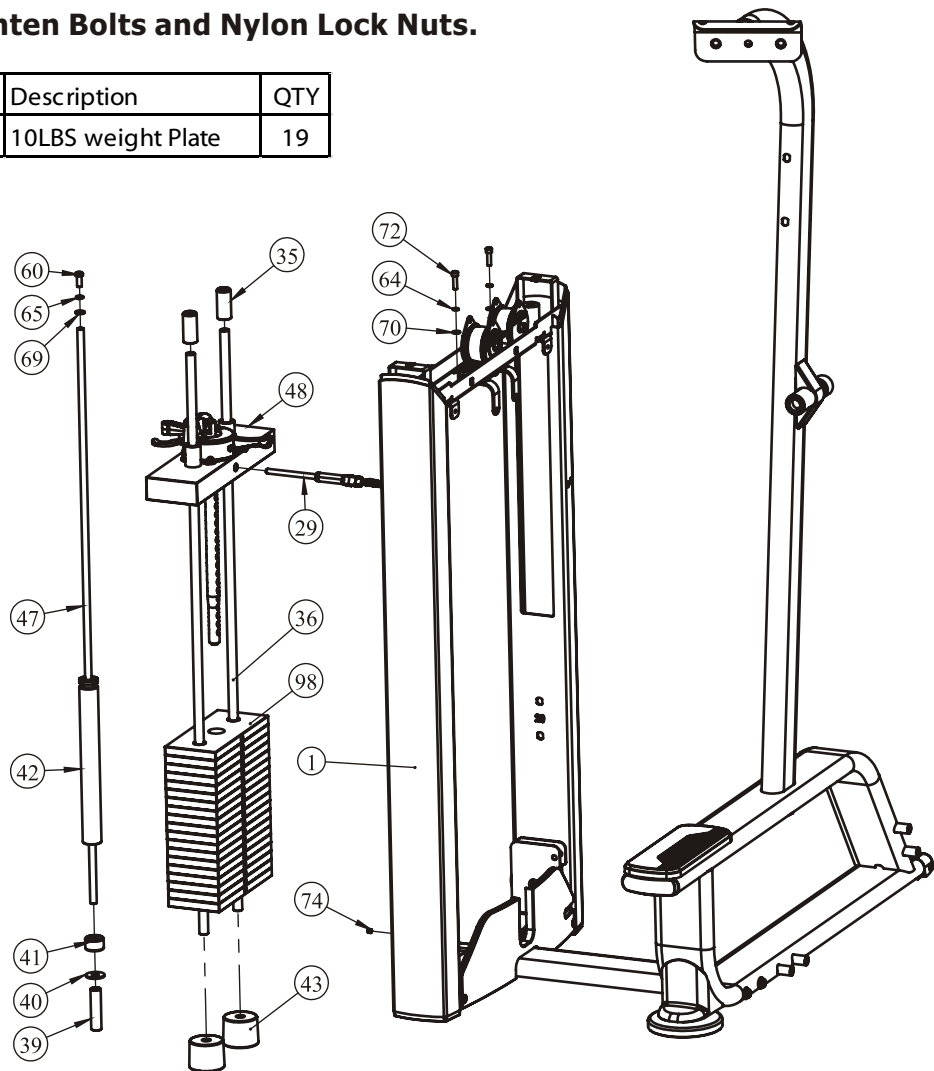
one $\Phi 10$ Spring Washer (#65)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#69)

4. Wrench Tighten M8*8 Screw (#74).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Item No.	Part No.	Description	QTY
98	FE97193100	10LBS weight Plate	19



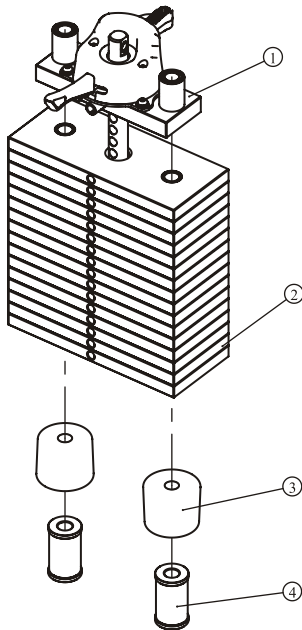
Assembly

Please assemble according to the actual **Weights** you buy !

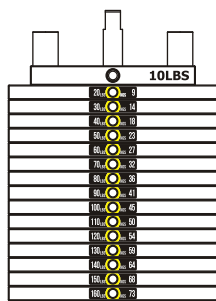
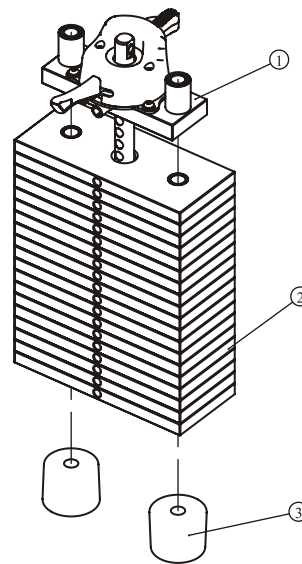
10LBS×15PCS

10LBS×19PCS

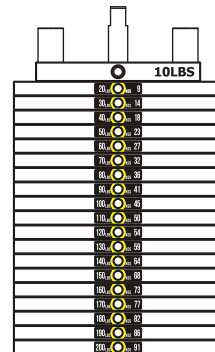
Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193100	10LBS Weight Plate	15	2	FE97193100	10LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



- 20_LBS 9
- 30_LBS 14
- 40_LBS 18
- 50_LBS 23
- 60_LBS 27
- 70_LBS 32
- 80_LBS 36
- 90_LBS 41
- 100_LBS 45
- 110_LBS 50
- 120_LBS 54
- 130_LBS 59
- 140_LBS 64
- 150_LBS 68
- 160_LBS 73
- 170_LBS 77
- 180_LBS 82
- 190_LBS 86
- 200_LBS 91
- 210_LBS 95
- 220_LBS 100
- 230_LBS 104



20-160LBS



20-200LBS

Weight plate sticker paste schematic diagram

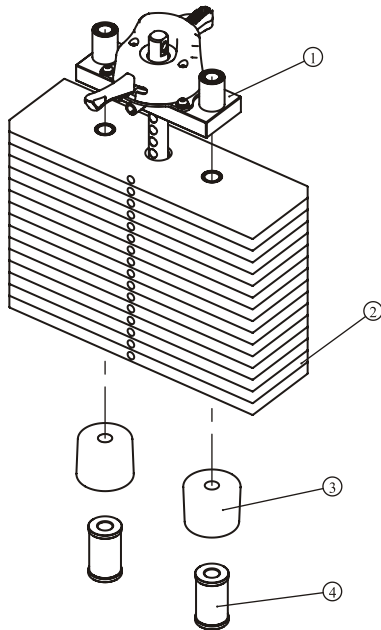
Assembly

Please assemble according to the actual **Weights** you buy !

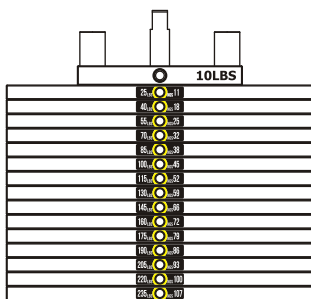
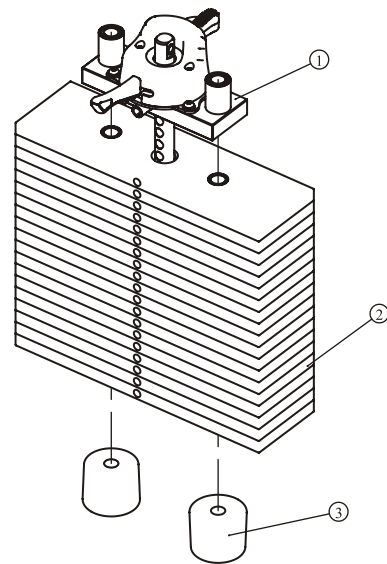
15LBS×15PCS

15LBS×19PCS

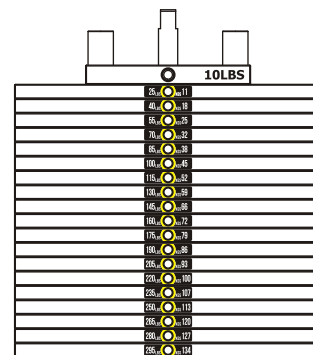
Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



- 25 LBS 11 KGS
- 40 LBS 18 KGS
- 55 LBS 25 KGS
- 70 LBS 32 KGS
- 85 LBS 38 KGS
- 100 LBS 45 KGS
- 115 LBS 52 KGS
- 130 LBS 59 KGS
- 145 LBS 66 KGS
- 160 LBS 72 KGS
- 175 LBS 79 KGS
- 190 LBS 86 KGS
- 205 LBS 93 KGS
- 220 LBS 100 KGS
- 235 LBS 107 KGS
- 250 LBS 113 KGS
- 265 LBS 120 KGS
- 280 LBS 127 KGS
- 295 LBS 134 KGS
- 310 LBS 141 KGS
- 325 LBS 147 KGS



25-235LBS



25-295LBS

Weight plate sticker paste schematic diagram

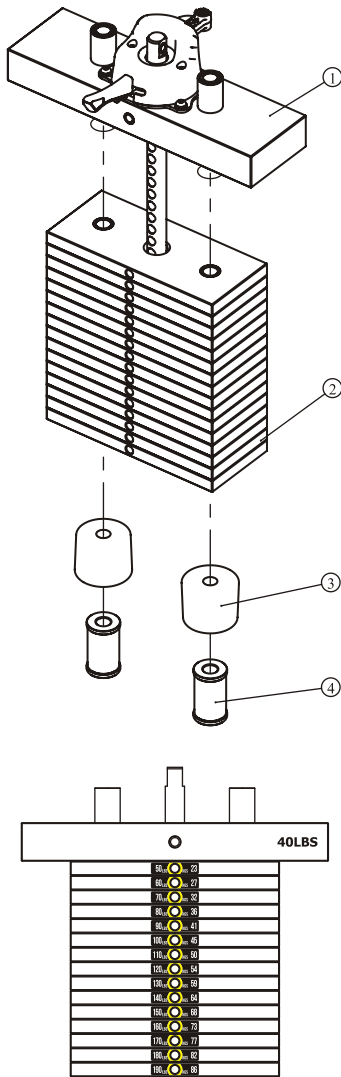
Assembly

Please assemble according to the actual **Weights** you buy !

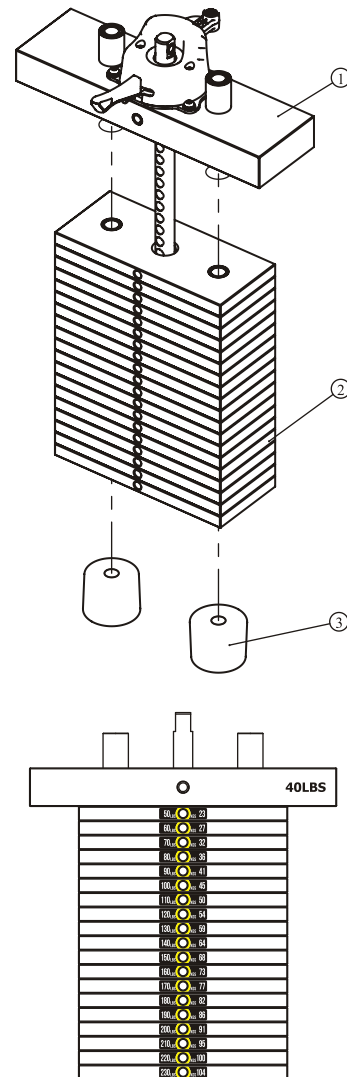
10LBS×15PCS

10LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE970230ASSY	40LBS Top Plate ASSY	1	1	FE970230ASSY	40LBS Top Plate ASSY	1
2	FE97193100	10LBS Weight Plate	15	2	FE97193100	10LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



20 LBS	9
30 LBS	14
40 LBS	18
50 LBS	23
60 LBS	27
70 LBS	32
80 LBS	36
90 LBS	41
100 LBS	45
110 LBS	50
120 LBS	54
130 LBS	59
140 LBS	64
150 LBS	68
160 LBS	73
170 LBS	77
180 LBS	82
190 LBS	86
200 LBS	91
210 LBS	95
220 LBS	100
230 LBS	104



50-190LBS

50-230LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

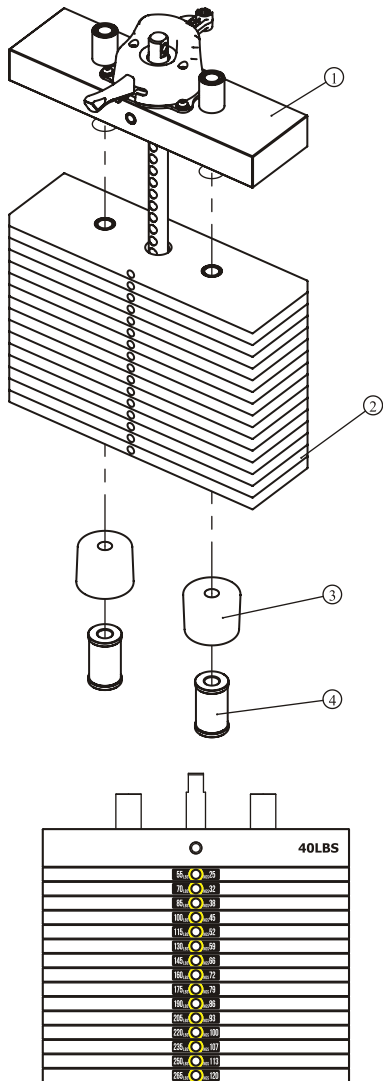
Assembly

Please assemble according to the actual **Weights** you buy !

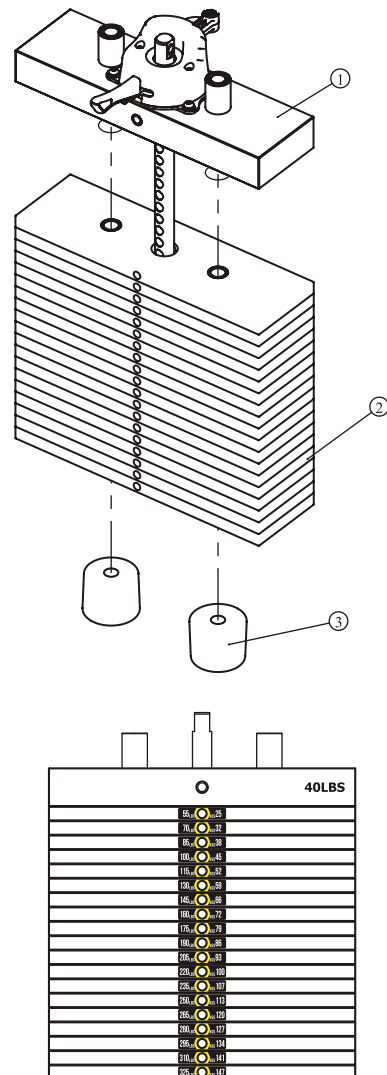
15LBS×15PCS

15LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE970230ASSY	40LBS Top Plate ASSY	1	1	FE970230ASSY	40LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



55-265LBS



55-325LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

Assembly

STEP 4

1. Attach Low Support Frame ASSY (#8) and Middle Connector (#10) to Left Floor stand ASSY (#2) using:

four M12*180 SHCS (#56)

four $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)

two Plastic Cover I (#49)

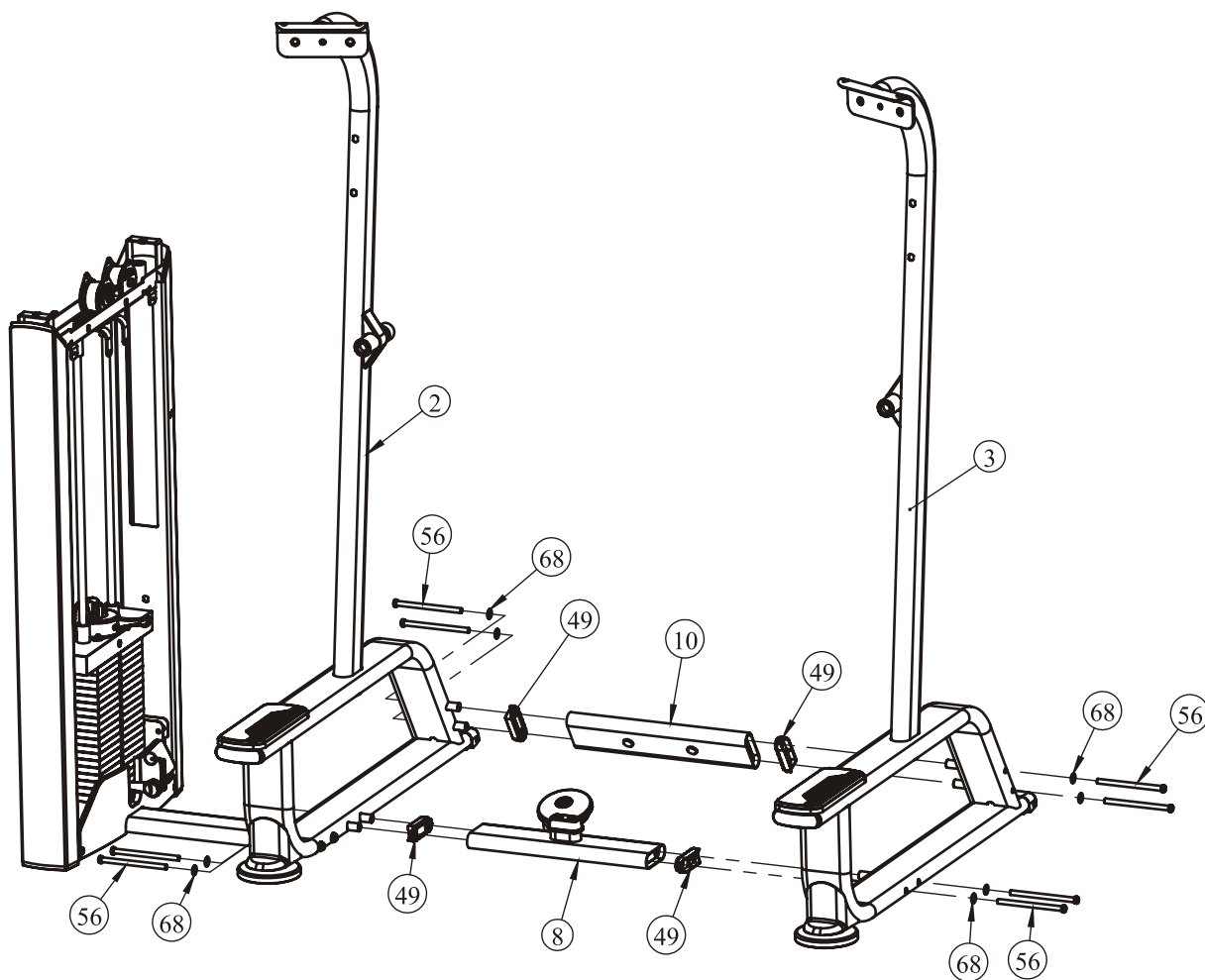
2. Attach Right Floor stand ASSY (#3) to Low Support Frame ASSY (#8) and Middle Connector (#10) using:

four M12*180 SHCS (#56)

four $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)

two Plastic Cover I (#49)

Note: NOT Wrench Tighten Bolts.

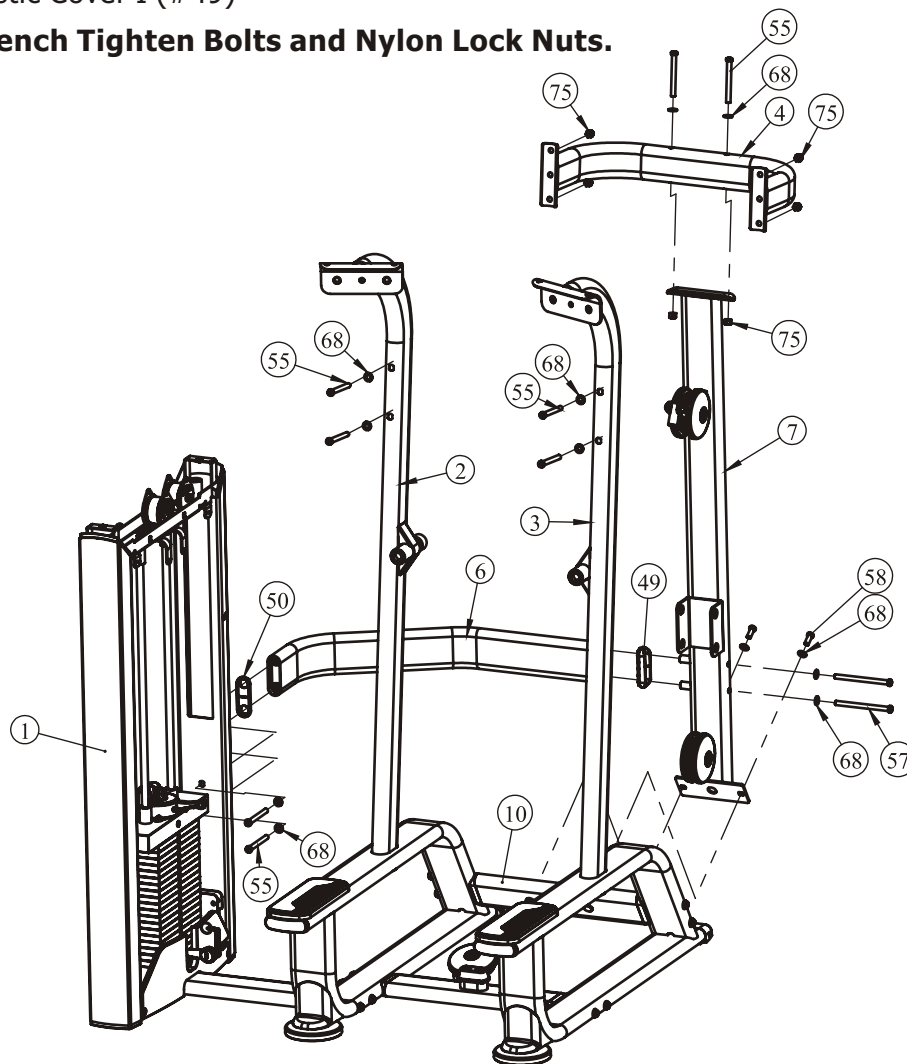


Assembly

STEP 5

1. Attach Back Floor stand ASSY (#7) to Middle Connector (#10) using:
two M12*30 SHCS (#58) two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
2. Attach Up Support Frame (#4) to Left Floor stand ASSY (#2), Right Floor stand ASSY (#3) and Back Floor stand ASSY (#7) using:
six M12*120 SHCS (#55) six $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
six Nylon Lock Nut M12 (#75)
3. Attach Up Connector (#6) to Weight Stack Frame Assy (#1) using:
two M12*120 SHCS (#55) two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
one Plastic Cover II (#50)
4. Attach Up Connector (#6) to Back Floorstand ASSY (#7) using:
two M12*165 SHCS (#57) two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
one Plastic Cover I (#49)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

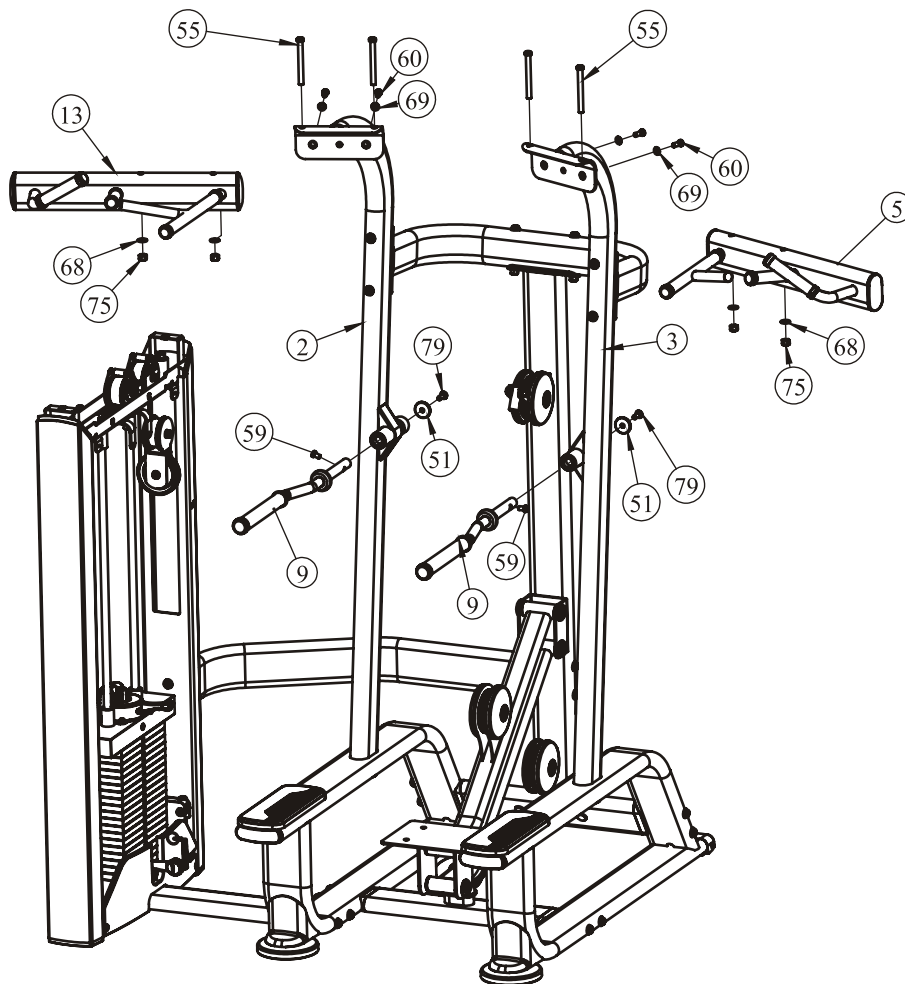


Assembly

STEP 7

1. Attach The Right Bar ASSY (#5) to Right Floorstand ASSY (#3) using:
two M12*120 SHCS (#55) two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
two M10*25 SHCS (#60) two $\Phi 11*\Phi 20*2$ Flat Washers (#69)
two M12 Nylon Lock Nut (#75)
2. Attach The Left Bar ASSY (#13) to Left Floorstand ASSY (#2) using:
two M12*120 SHCS (#55) two $\Phi 13*\Phi 24*2.5$ Flat Washers (#68)
two M10*25 SHCS (#60) two $\Phi 11*\Phi 20*2$ Flat Washers (#69)
two M12 Nylon Lock Nut (#75)
3. Attach two Long Bar ASSY (#9) to Left Floorstand ASSY (#2) and Right Floorstand ASSY (#3) using:
two M10*16 SHCS (#59) two Cap $\Phi 43*\Phi 10.5*8$ (#51)
two M10*30 FHCS (#79)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

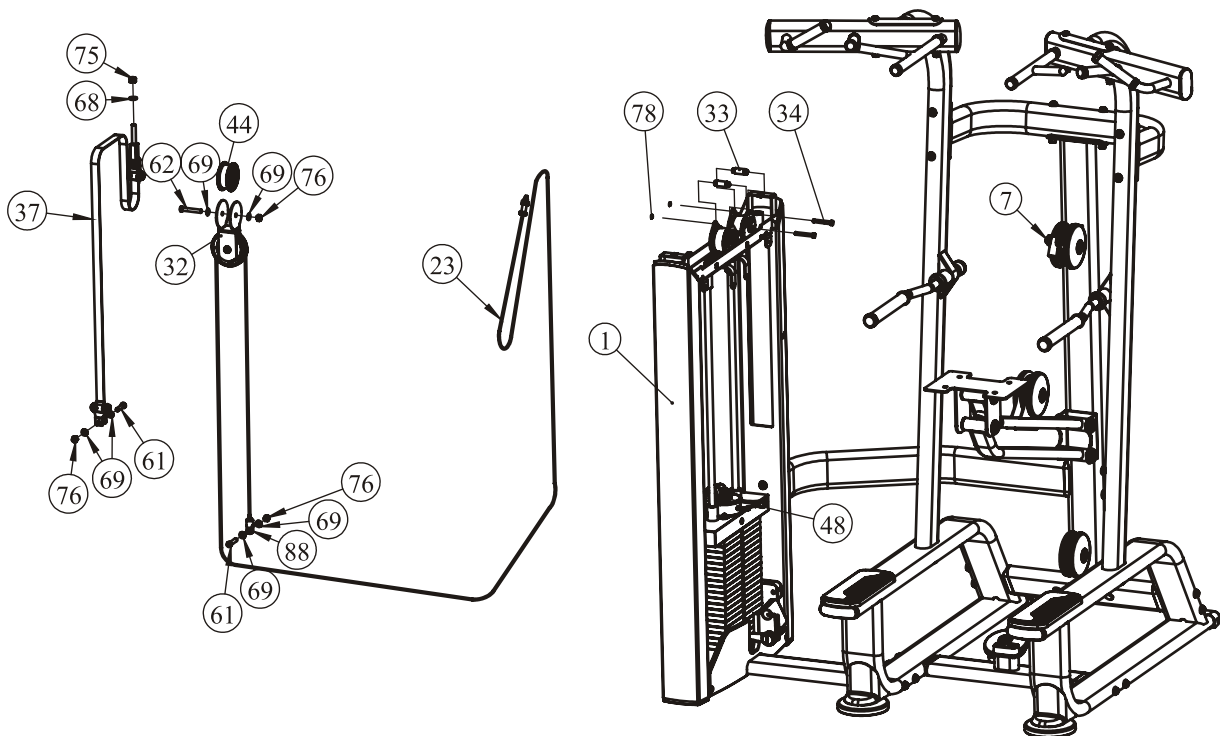


Assembly

STEP 8

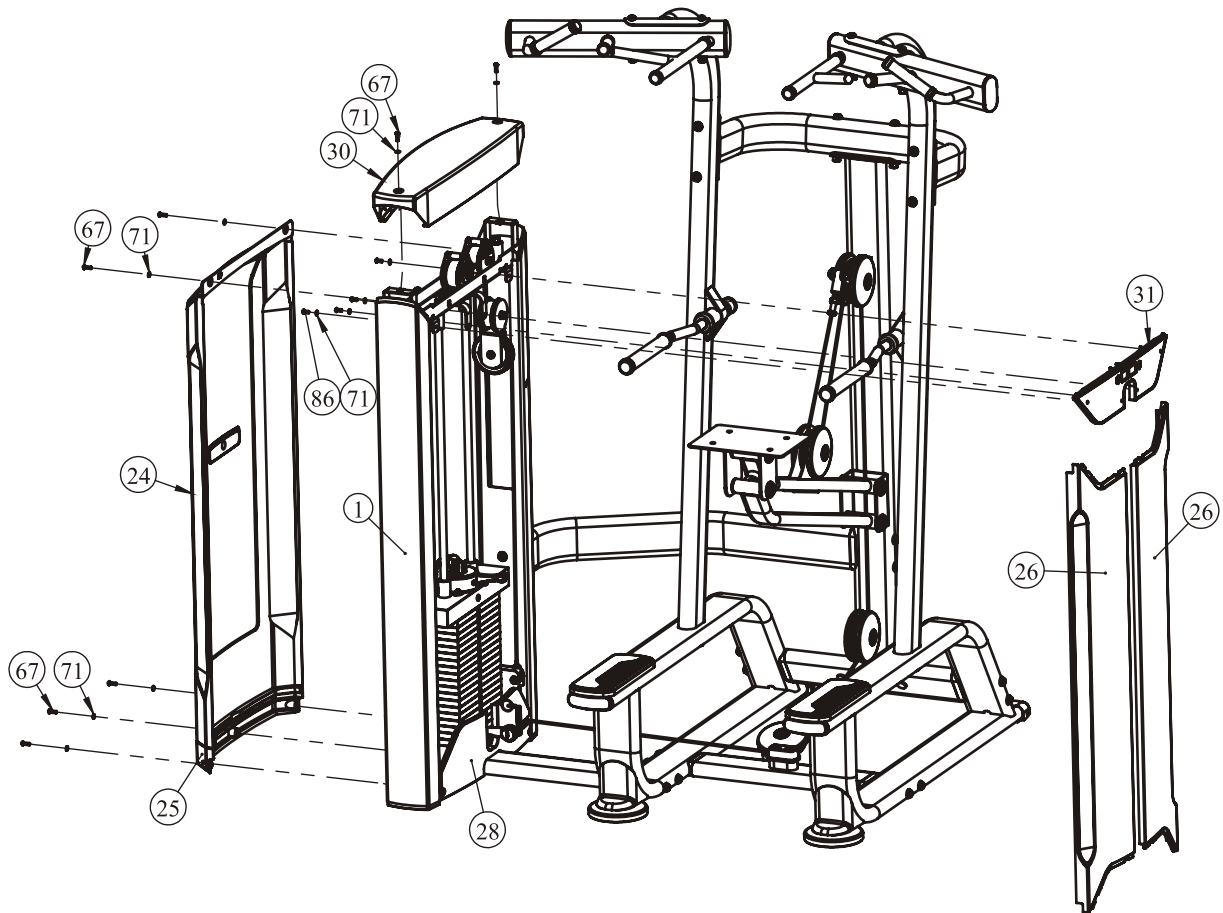
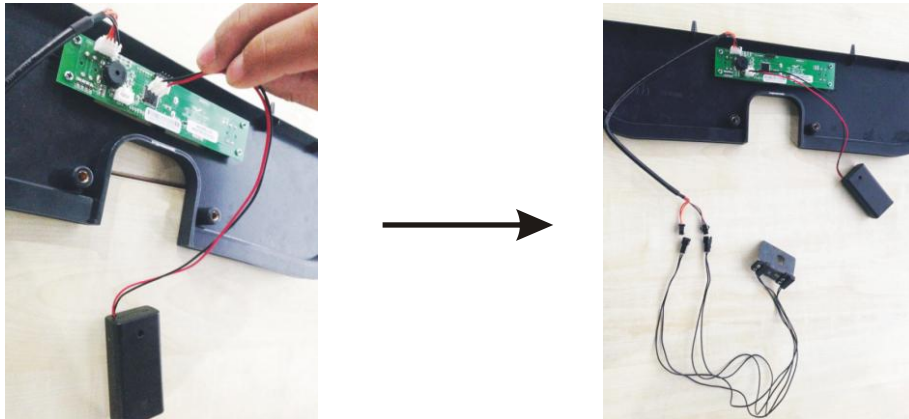
1. Attach one end of The Belt ASSY (#37) to The Weight Stack Frame ASSY (#1) using:
one $\Phi 13*\Phi 24*2.5$ Flat Washer (#68) one M12 Nylon Lock Nut (#75)
2. Attach the other end of The Belt ASSY (#37) through The Moving Block ASSY (#32),
and assemble The $\Phi 76$ Narrow Belt Pulley (#44) to The Moving Block ASSY (#32) using:
one M10*65 SHCS (#62) two $\Phi 11*\Phi 20*2$ Flat Washers (#69)
one M10 Nylon Lock Nut (#76)
And through two Belt Pulleys on the Weight Stack Frame ASSY (#1).
3. Attach the other end of The Belt ASSY (#37) to the Top Plate ASSY (#48) using:
one M10*45 SHCS (#61) two $\Phi 11*\Phi 20*2$ Flat Washers (#69)
one M10 Nylon Lock Nut (#76)
Attach two $\Phi 17*49$ Belt Rubber Sleeves (#33) to The Weight Stack Frame ASSY (#1)
using:
two $\Phi 15*\Phi 8*65.5$ Spacer Pins (#34) two $\Phi 6$ Shaft Ring Opening (#78)
4. Attach one end of The Cable (#23) to The Weight Stack Frame ASSY (#1) using:
one M10*45 SHCS (#61) two $\Phi 11*\Phi 20*2$ Flat Washers (#69)
one M10 Nylon Lock Nut (#76) one Cable Connector (#88)
5. Attach the other end of The Cable (#23) to The Back Floorstand ASSY (#7).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 9



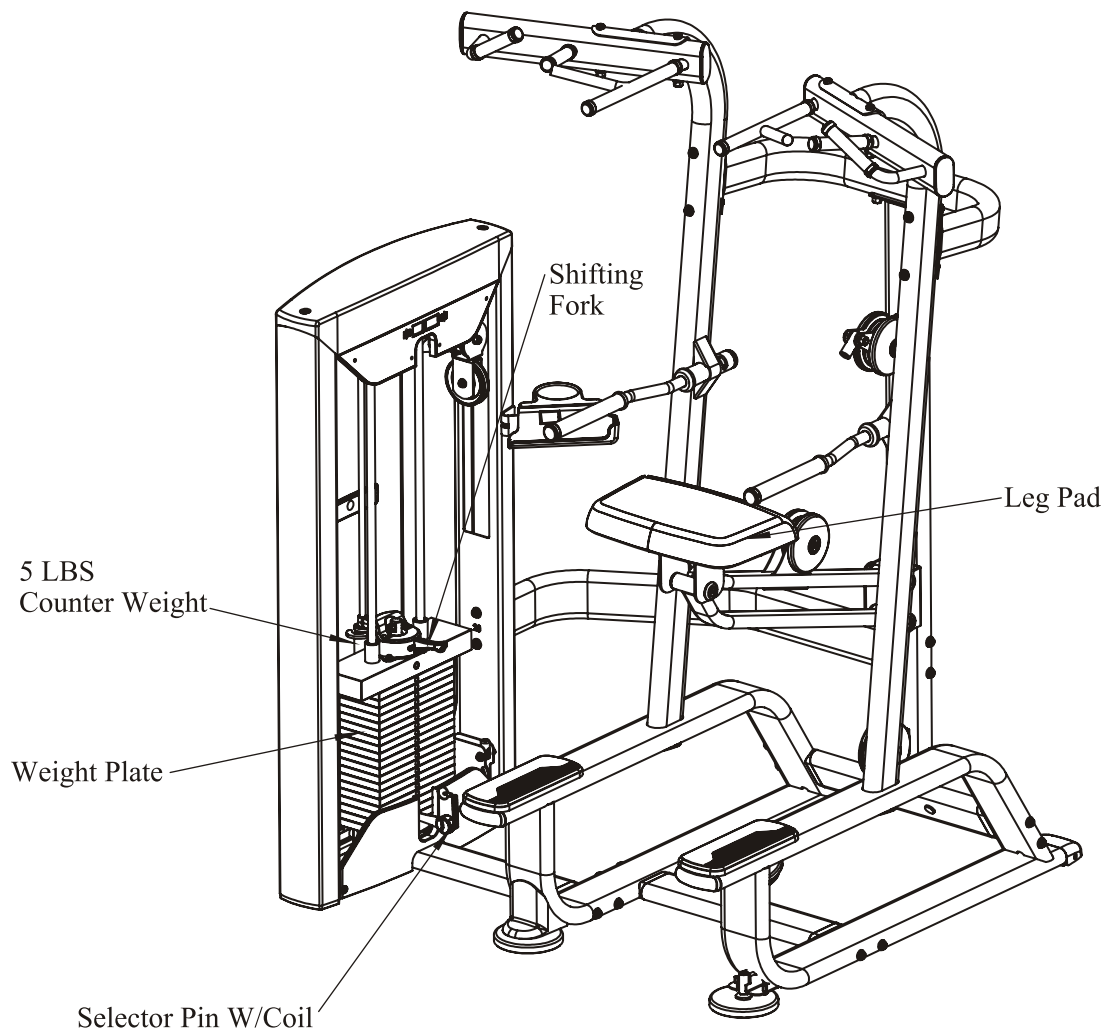
Adjust Instructions

The use of Selector Pin W/Coil

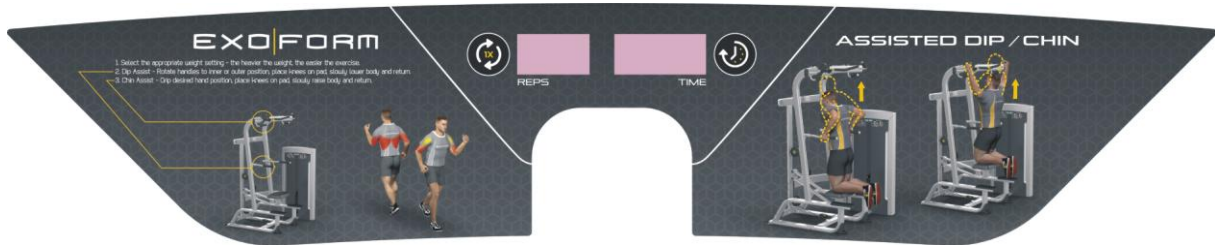
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.

The 5LBS Counter Weight adjustment

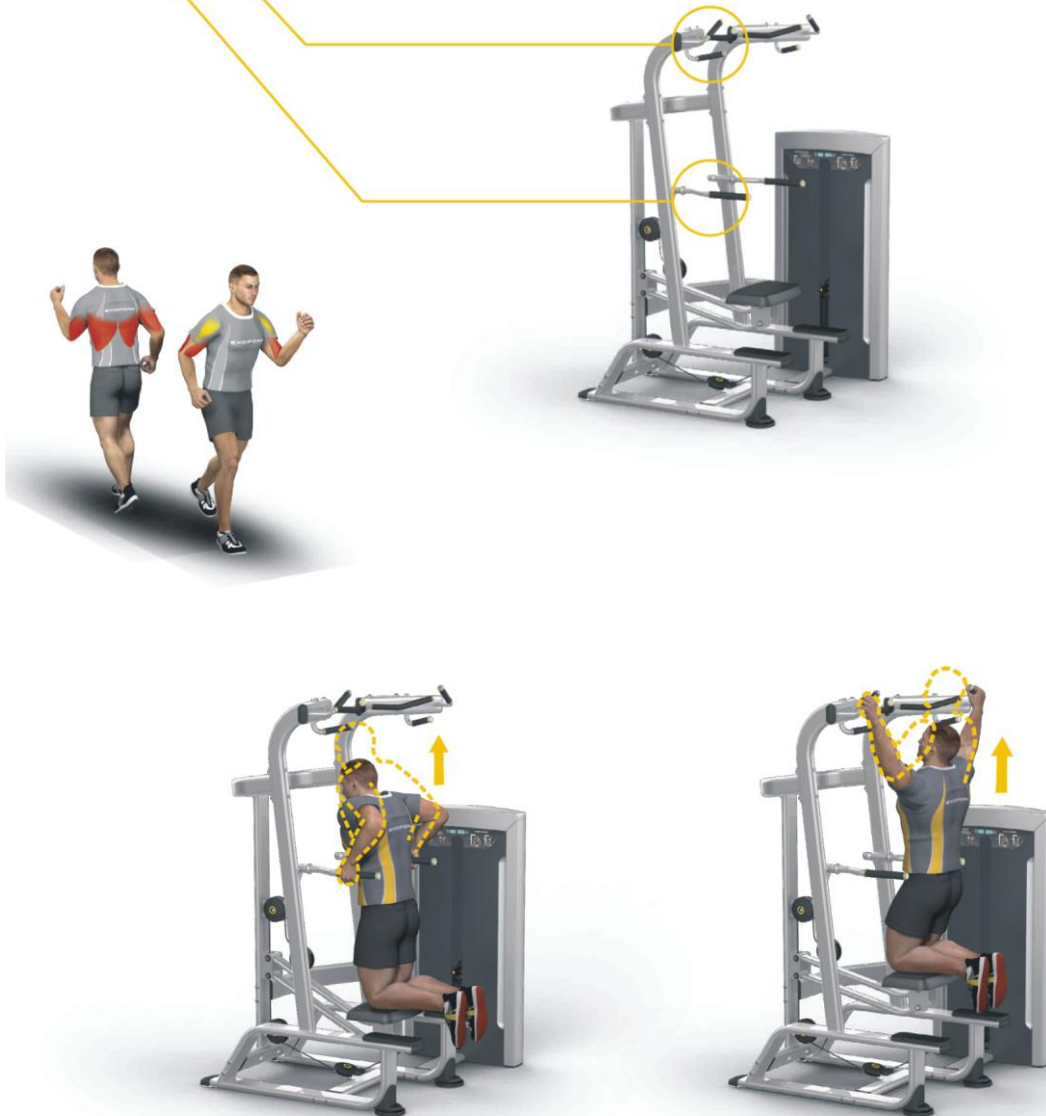
1. Toggle the Shifting Fork to the desired position.
2. Make sure the Shifting Fork get into the Fillister completely.



Exercise Instructions



1. Select the appropriate weight setting - the heavier the weight, the easier the exercise.
2. Dip Assist - Rotate handles to inner or outer position, place knees on pad, slowly lower body and return.
3. Chin Assist - Grip desired hand position, place knees on pad, slowly raise body and return.



Console Panel Function



1. CONSOLE PANEL FUNCTION

1.1 TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

1.2 REPS WINDOW

Indicates times of workout cycle (0-999).

2. BUTTONS

2.1 REPS RESET: Reset value of REPS window.

2.2 TIME RESET: Reset value of TIME window

3. SAVE POWER MODE

3.1 Switched on automatically when there is signal input.

3.2 The screen turn off of self after 3 minutes in stop station.

Battery Replacement

Battery replacement

For this computer you need 2 pcs. 1.5V AA batteries. If the display quality gets poor, you should replace the battery. Therefore please open the battery case cover on the back side of your computer and replace the old battery by a fitting new one. Close the case cover properly.



You must check the batteries regularly to prevent leakage from damaging console.

Battery-Disposal

Batteries should not be considered as regular garbage. As consumer you are obliged to return finished batteries. The finished batteries can be returned to a collection base at your residential area or at places, where batteries can be bought.



WE RECOMMEND THE USE OF ALCALI-MANGAN BATTERIES.

You will find these symbols on batteries, which contain harmful substances:

Pb = Battery contains lead

Cd = Battery contains cadmium

Hg = Battery contains mercury



Pb



Cd



Hg

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

